### Inside Three-Turns/Rocker Choctaws

The move should be skated across four semi-circles down the long axis of the rink. The first two lobes consist of forward inside and backward inside three-turns and the second half of the move will consist of rocker/choctaw sequences. Four to five 'sets' of each turn per lobe are recommended. The skater will begin with RFI3-LBI3 sets repeated four to five times (depending on rink size). After the last LBI3 the skater should step RFI and begin the second lobe with a LFI3-RBI3 set and repeat in the same manner. To transition to the rocker/choctaw sequences, the skater should perform LFI mohawk and change edge to RBO crossing in front. The third lobe begins with a LBI rocker/LFI closed choctaw set repeated four to five times (depending on rink size). After the last choctaw and cross front, the skater should step RFI and perform a RFI mohawk and change edge to LBO cross forward. The fourth lobe consists of RBI rocker/RFI closed choctaw sets repeated four to five times. Introductory steps are optional. This move may start in either direction.
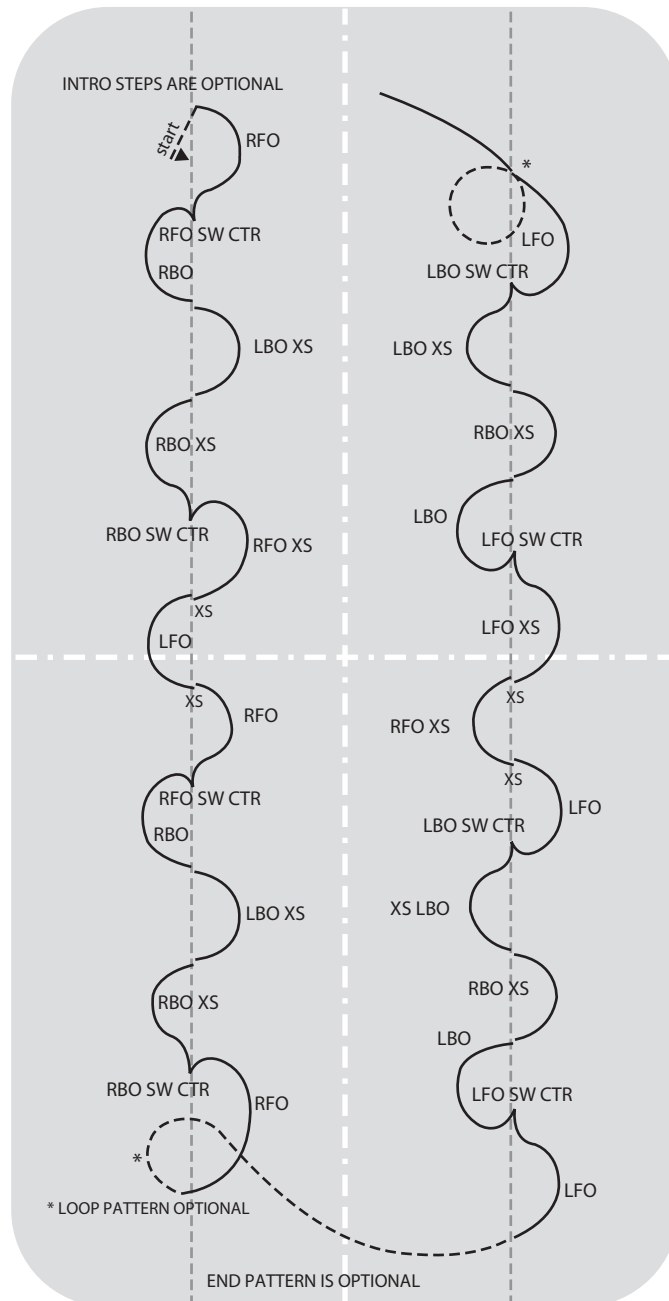
Focus: Power and quickness
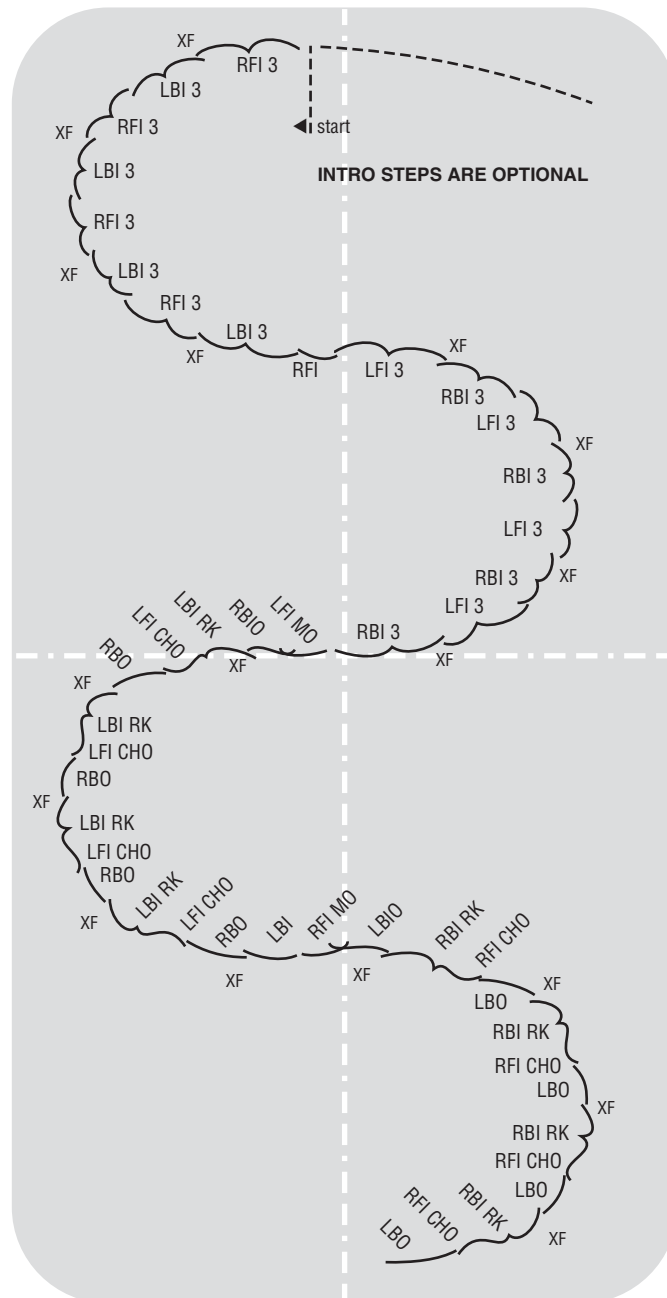
Novice 2

Forward and Backward Outside Counters

The skater will perform forward outside counters followed by two backward free skating cross strokes to a backward outside counter. Each backward counter is then followed by two forward free skating cross strokes to a forward outside counter. The skater has the option of starting the first length with either the right or left forward counter. The second length will be performed with forward and backward outside counters on the opposite foot. The introductory steps and complete loop are optional.
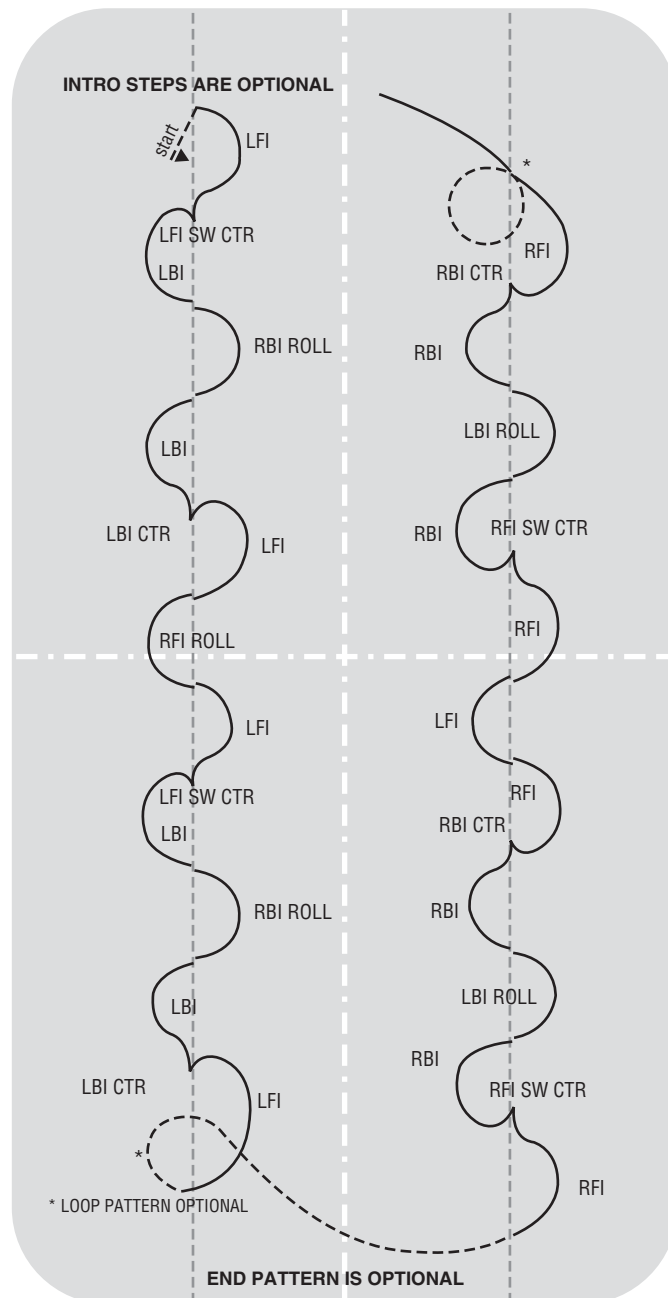
Focus: Edge quality and power

INTRO STEPS ARE OPTIONAL

start

RFO

RFO SW CTR
RBO

LBO XS

RBO XS

RBO SW CTR   RFO XS

XS
LFO

XS   RFO

RFO SW CTR
RBO

LBO XS

RBO XS

RBO SW CTR   RFO

*

* LOOP PATTERN OPTIONAL

*

LFO

LBO SW CTR

LBO XS

RBO XS

LBO   LFO SW CTR

LFO XS

XS
RFO XS

XS
LBO SW CTR   LFO

XS LBO

RBO XS

LBO

LFO SW CTR

LFO

END PATTERN IS OPTIONAL

Forward and Backward Inside Counters

The skater will perform forward inside counters followed by two backward inside rolls to a backward inside counter. Each backward inside counter is then followed by two forward inside rolls to a forward inside counter. The skater has the option of starting the first length with either the right or left forward counter. The second length will be performed with forward and backward inside counters on the opposite foot. The introductory steps and the end patterns are optional.

Focus: Edge quality and power

INTRO STEPS ARE OPTIONAL

Start

LFI

LFI SW CTR
LBI

RBI ROLL

LBI

LBI CTR   LFI

RFI ROLL

LFI

LFI SW CTR
LBI

RBI ROLL

LBI

LBI CTR   LFI

*

RFI

RBI CTR

RBI

LBI ROLL

RBI   RFI SW CTR

RFI

LFI

RFI
RBI CTR

RBI

LBI ROLL

RBI   RFI SW CTR

RFI

* LOOP PATTERN OPTIONAL

END PATTERN IS OPTIONAL

Novice 4

Forward Loops

The move may be skated across the width or down the length of the rink and begins from a standing start. The skater will begin with a LFO swing roll to prepare for the first RFO loop. The skater then pushes into a LFO loop when returning to the axis. This is repeated twice. After the last LFO loop the skater should perform a RFI chassé to prepare for a LFI loop. This loop is followed by a push into a RFI loop. These loops are also repeated twice to complete the move. This move may start on either foot.
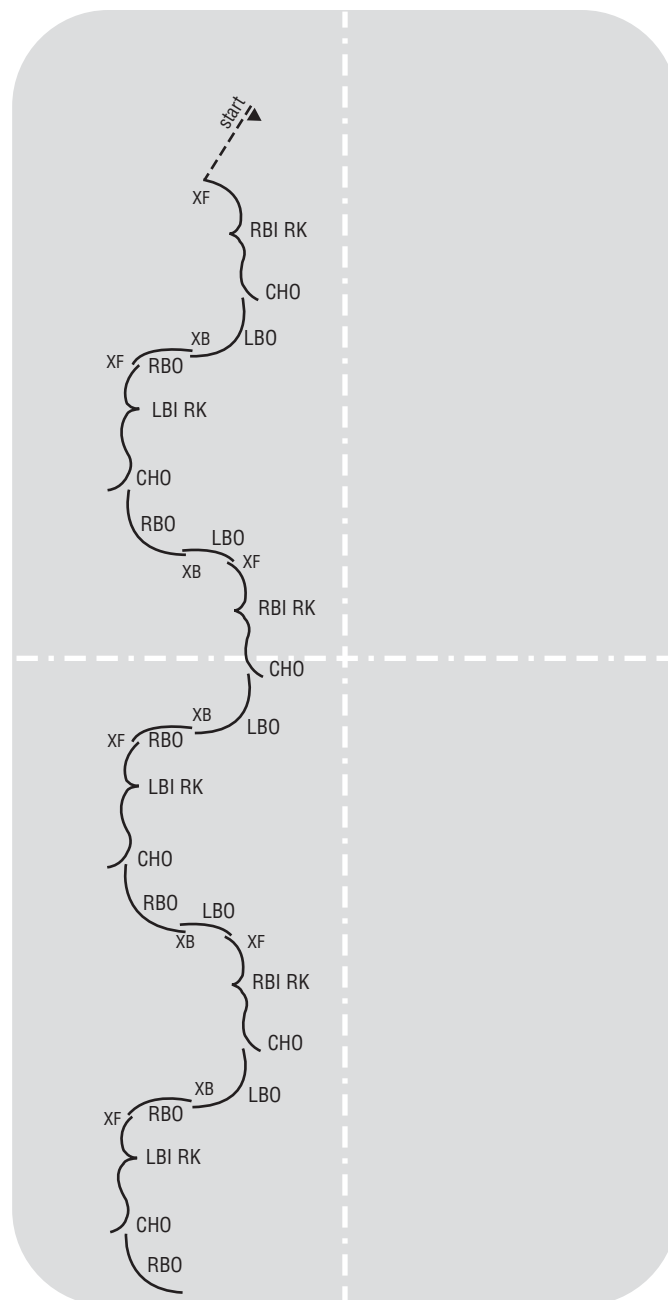
Focus: Edge quality and continuous flow
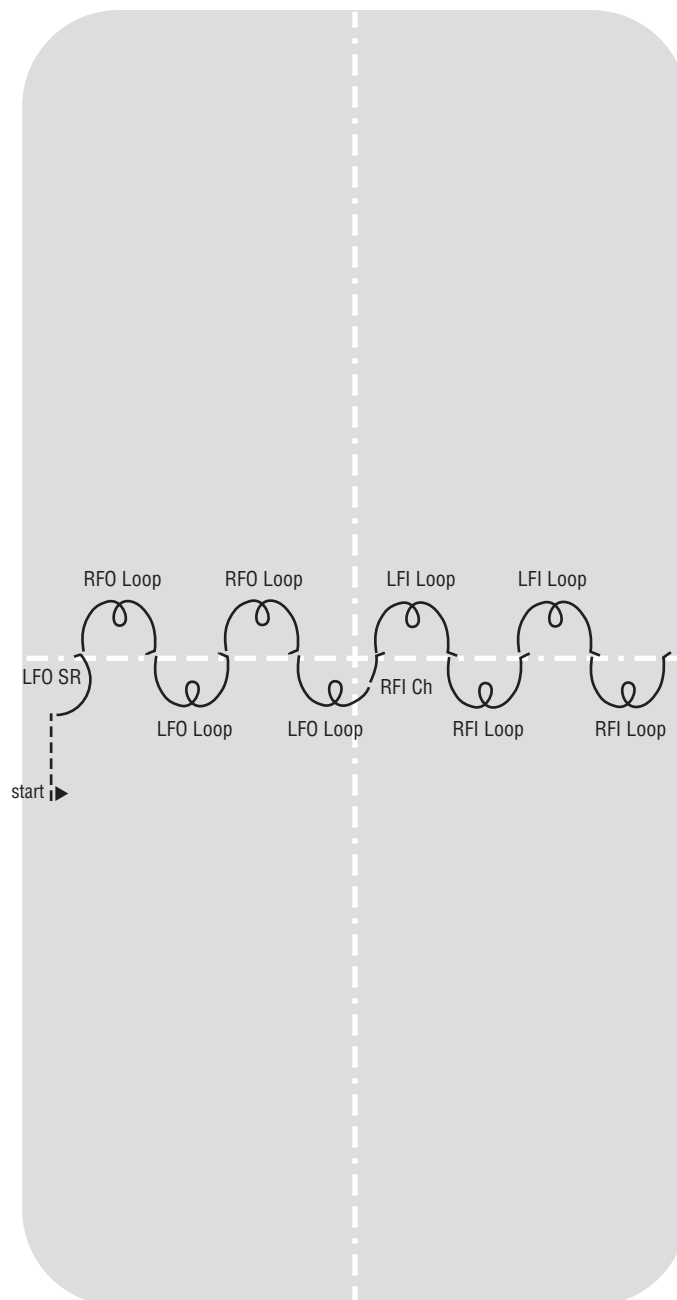
Backward Rocker Choctaw Sequence

The skater will perform a backward inside rocker-choctaw followed by a deep backward outside edge. This sequence is performed in six to eight consecutive half circles on alternating feet. The introductory steps are optional. This move may start on either foot.

Focus: Edge quality, extension and power

start

XF
RBI RK
CHO
XB LBO
XF RBO
LBI RK
CHO
RBO LBO
XB XF
RBI RK
CHO
XB LBO
XF RBO
LBI RK
CHO
RBO LBO
XB XF
RBI RK
CHO
XB LBO
XF RBO
LBI RK
CHO
RBO

Backward Twizzles

Backward outside twizzles: The skater will begin with a LFO three-turn changing edge into a LBO double twizzle with a two-foot push to assist the twizzle rotation. The skater then steps forward into a RFO three-turn, changing edge into a RBO double twizzle, completing a 'twizzle set'. Each 'twizzle set' is performed three times down the length of the rink.

Backward inside twizzles: The second part of the move begins with a RFI mohawk whose exit edge is the entry for a LBI double twizzle. The skater then steps on a RFI edge into a LFI mohawk whose exit edge is the entry for a RBI double twizzle, completing a 'twizzle set'. Each set is performed three times down the length of the rink. This move may start in either direction. Introductory steps and end pattern are optional.

    Focus: Turn execution and continuous flow