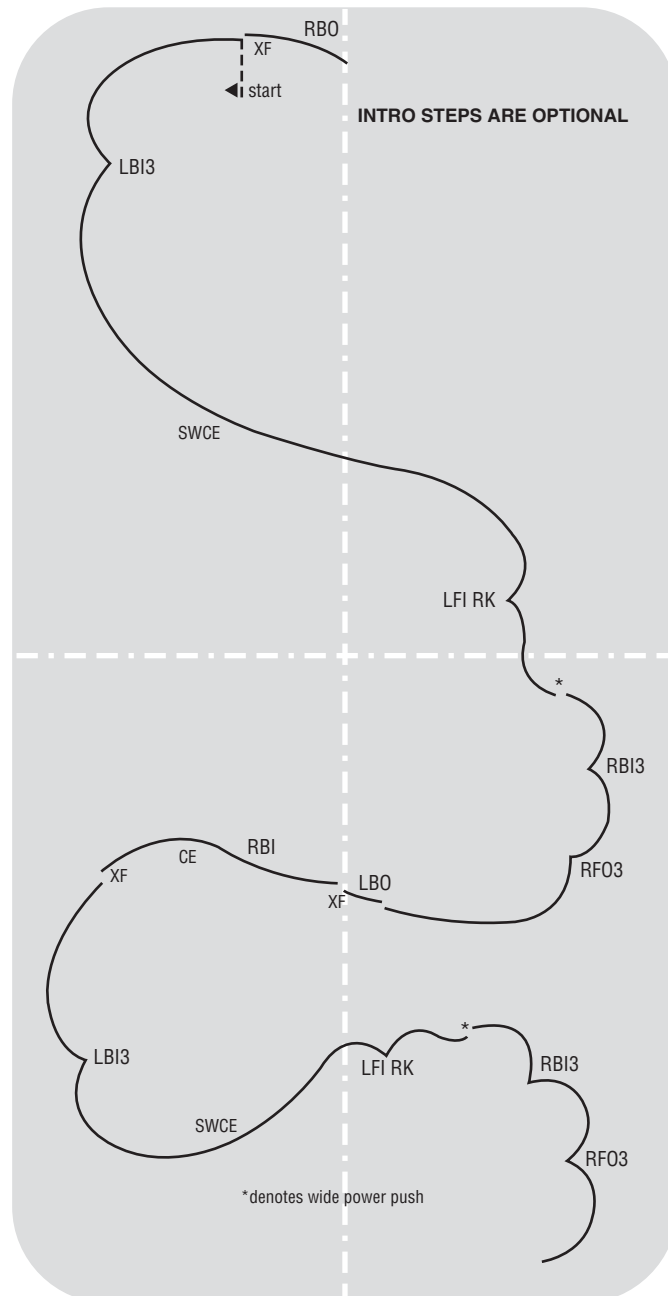


# Senior 1

## Sustained Edge Step

The skater will powerfully perform a backward inside three-turn to a sustained swing change of edge followed by a forward inside rocker, stepping to a backward inside double three-turn. Backward crossover steps follow this sequence. This pattern is then repeated to cover the entire surface of the rink. The skater will then repeat this step in the opposite direction. Introductory steps are optional. This move may start in either direction.

Focus: Edge quality and power

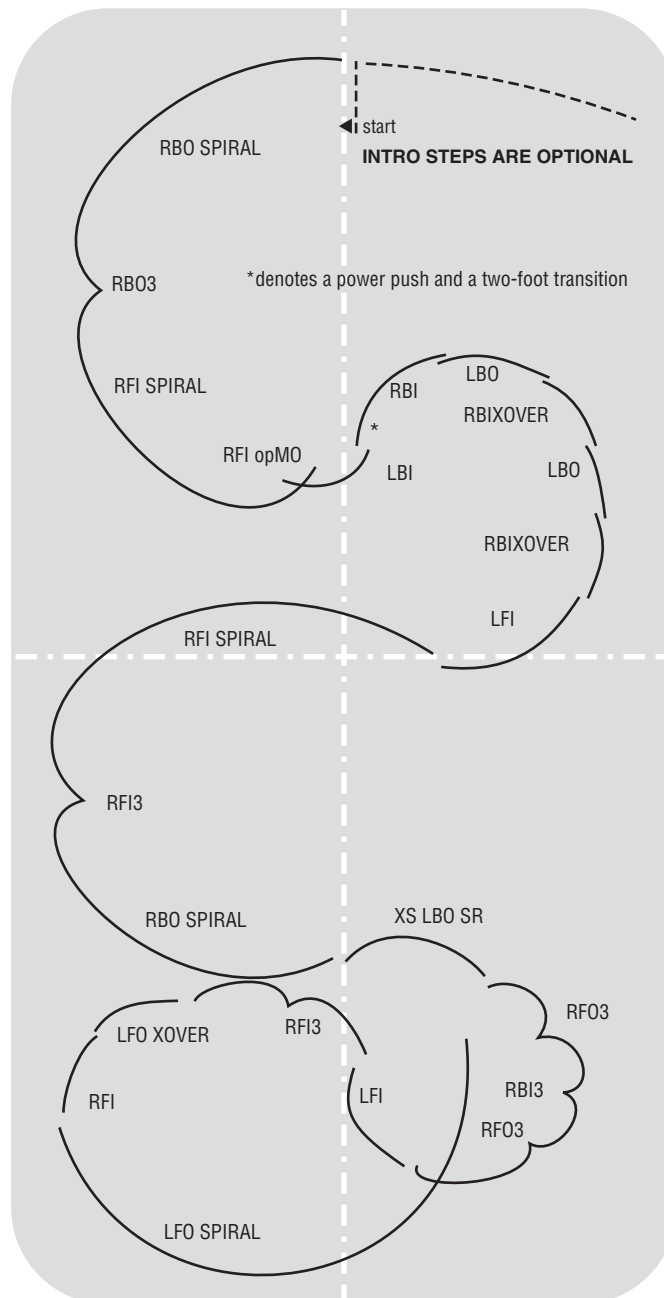


## Senior 2

### Spiral Sequence

The skater begins with a series of spirals, transitioning from a RBO spiral to a RFI spiral through the use of a RBO3 that is parallel to the long barrier of the rink. The free leg is then lowered into a RFI open mohawk and steps wide with a two-foot power push transition into two backward right over left crossovers. The skater steps onto a LFI and then immediately onto a RFI-RBO spiral sequence, again transitioning between spirals with a RFI3. The skater then does a cross stroke behind LBO swing roll followed by a RFO triple three-turn. Then step LFI into a RFI3, followed by a step forward into a LFO crossover and finally a LFO spiral. The pattern is repeated in the opposite direction, and transition steps are optional. (**Note:** All spirals should be sustained with an extended free leg to demonstrate the skater's form and flexibility). Introductory steps are optional.

Focus: Extension and edge quality

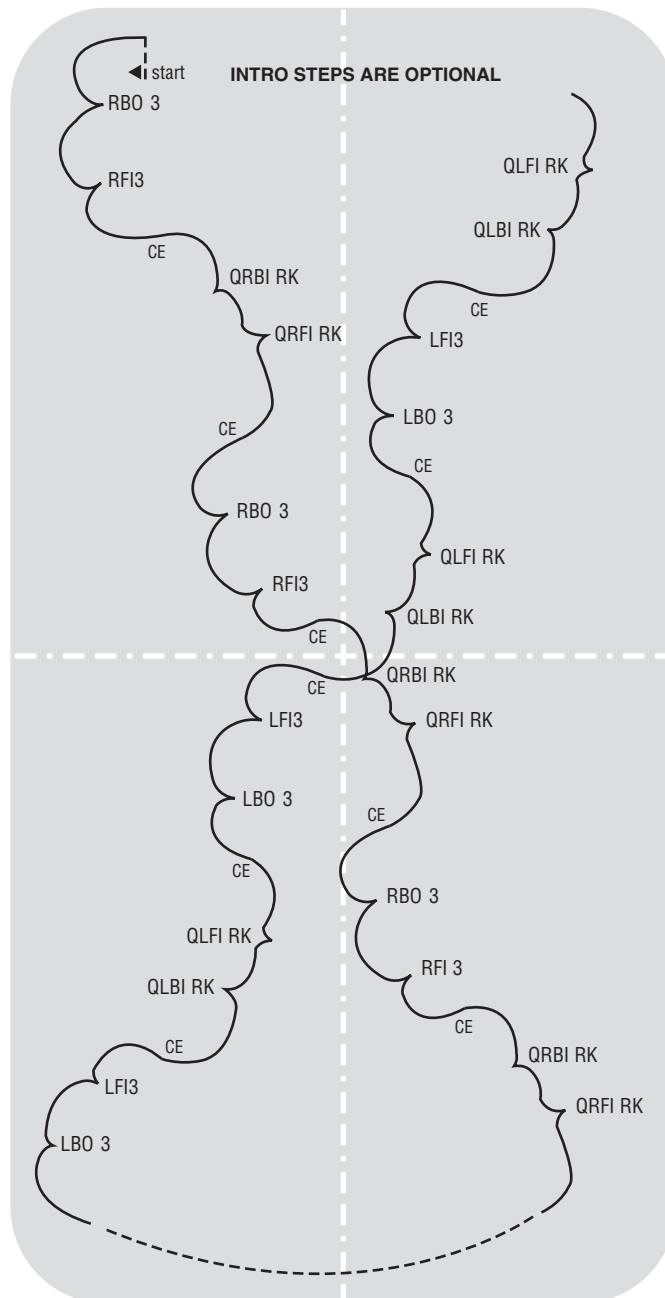


## Senior 3

### BO Power Double Three-Turns to Power Double Inside Rockers

The skater will perform backward outside power double three-turns, then complete a power pull to backward inside double rockers. These rockers are immediately followed by another power pull. This sequence is repeated consecutively down the entire diagonal of the rink. The skater will then perform the same step using the opposite foot down the opposite diagonal of the rink. Introductory steps are optional. This move may start on either foot.

Focus: Power and quickness

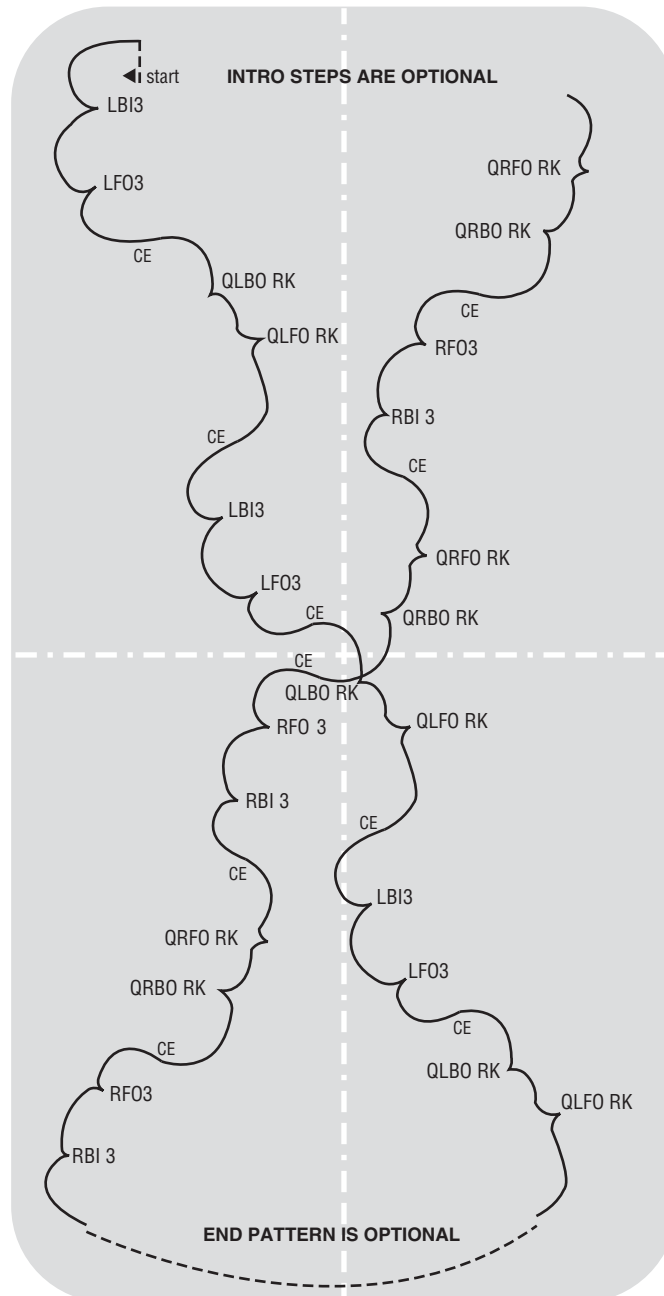


## Senior 4

### BI Power Double Three-Turns to Power Double Outside Rockers

The skater will perform backward inside power double three-turns, then complete a power pull to backward outside double rockers. These rockers are immediately followed by another power pull and the sequence is then repeated consecutively down the entire diagonal of the rink. The skater will then perform the same step using the opposite foot down the opposite diagonal of the rink. Introductory steps are optional. This move may start on either foot.

Focus: Power and quickness



# Senior 5

## Serpentine Step Sequence

The skater begins with a RFO3 followed by a LBO double three-turn. The free leg then crosses in front for a RBI. This edge is followed by three clockwise toe steps and another cross in front RBI. Next the skater will step forward onto a LFO edge and perform a 2½ revolution RFI twizzle, ending with a LBO cross stroke behind three-turn. This turn will initiate a series of quick mohawk turns followed by a quick LBI. Next is a RBI counter into a RFI rocker. The skater steps LBI then a step-wide into RBI rocker, RFI mohawk, LBI bracket sequence. The skater should then simultaneously cross behind and reverse arm position to do RFI bracket into RBO counter, followed by a LFO cross front, RFI cross behind. The final part of the sequence is an open RFI/closed LBO choctaw sequence followed immediately by a RFI counter, then push to LBI double twizzle, and finishes with a RBI loop. **Optional steps take the skater to the repeat of the sequence in the opposite direction without stopping.** The skater has the option of starting in either direction. Introductory steps are optional.

Focus: Edge quality and continuous flow

