

ISU Four Continents Championships 2018

LADIES FREE SKATING

Planned Program Content

1 Aiza MAMBEKOVA		KAZ	
Coach:	Kuralai Uzurova, Alexei Mishin		
Music:	Ker Oglu by Daulet Kerei		
1: 3S+2T	Triple Salchow+Double Toeloop	9: StSq	Step Sequence
2: 3T	Triple Toeloop	10: 2Lz	Double Lutz
3: 2A+2F	Double Axel+Double Flip	11: ChSq	Choreo Sequence
4: CCoSp	Change Foot Combination Spin	12: LSp	Layback Spin
5: 3T+2T	Triple Toeloop+Double Toeloop	13:	
6: 3S	Triple Salchow	14:	
7: 2A	Double Axel	15:	
8: FSSp	Fly. Sit Spin	16:	

2 Chloe ING		SGP	
Coach:	Michelle Leigh, Doug Leigh		
Music:	Ave Maria (Medley) by Franz Schubert		
1: 3Lo+2T	Triple Loop+Double Toeloop	9: 2A	Double Axel
2: 3S+2T	Triple Salchow+Double Toeloop	10: LSp	Layback Spin
3: 3Lo	Triple Loop	11: ChSq	Choreo Sequence
4: FCSp	Fly. Camel Spin	12: CCoSp	Change Foot Combination Spin
5: StSq	Step Sequence	13:	
6: 3S	Triple Salchow	14:	
7: 2A	Double Axel	15:	
8: 2Lz+2Lo+2Lo	Double Lutz+Double Loop+Double Loop	16:	

3 Natalie SANGKAGALO		THA	
Coach:	P. Suriyotai, P. Johansson, M. Mitchell		
Music:	Red Cliff by Taro Iwashiro		
1: 3F	Triple Flip	9: FSSp	Fly. Sit Spin
2: 2A	Double Axel	10: 2A+2T	Double Axel+Double Toeloop
3: 3T+2T	Triple Toeloop+Double Toeloop	11: 2F+2Lo+2Lo	Double Flip+Double Loop+Double Loop
4: CCoSp	Change Foot Combination Spin	12: FCoSp	Fly. Combination Spin
5: 3T	Triple Toeloop	13:	
6: 2Lz	Double Lutz	14:	
7: StSq	Step Sequence	15:	
8: ChSq	Choreo Sequence	16:	

4 Thita LAMSAM		THA	
Coach:	Anthony Liu, Rui Pang		
Music:	Phantom of the Opera by A. Lloyd Webber		
1: 3S+2T	Triple Salchow+Double Toeloop	9: ChSq	Choreo Sequence
2: 3T	Triple Toeloop	10: 2A	Double Axel
3: StSq	Step Sequence	11: 2Lz+2Lo+2Lo	Double Lutz+Double Loop+Double Loop
4: FSSp	Fly. Sit Spin	12: LSp	Layback Spin
5: 2A+2T	Double Axel+Double Toeloop	13:	
6: 3S	Triple Salchow	14:	
7: 2F	Double Flip	15:	
8: CCoSp	Change Foot Combination Spin	16:	

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5 Joanna SO		HKG	
Coach:	Ying Zhao		
Music:	The Phantom of the Opera		
1: 3T+2T	Triple Toeloop+Double Toeloop	9: 2A	Double Axel
2: 3Lo	Triple Loop	10: StSq	Step Sequence
3: LSp	Layback Spin	11: 2A	Double Axel
4: ChSq	Choreo Sequence	12: CoSp	Combination Spin
5: 3S+2T+2Lo	Triple Salchow+Double Toeloop+Double Loop	13:	
6: 3T	Triple Toeloop	14:	
7: 3S	Triple Salchow	15:	
8: FCSp	Fly. Camel Spin	16:	

6 Brooklee HAN		AUS	
Coach:	Peter and Darlene Cain		
Music:	Por Una Cabeza		
1: 3Lo+2T	Triple Loop+Double Toeloop	9: 3T+2T+2Lo	Triple Toeloop+Double Toeloop+Double Loop
2: 3Lz	Triple Lutz	10: 3T	Triple Toeloop
3: 3S	Triple Salchow	11: StSq	Step Sequence
4: FCCoSp	Fly. Change Foot Comb. Spin	12: LSp	Layback Spin
5: CCoSp	Change Foot Combination Spin	13:	
6: ChSq	Choreo Sequence	14:	
7: 3Lo	Triple Loop	15:	
8: 2A+2A+SEQ	Double Axel+Double Axel+SEQ	16:	

7 Alicia PINEAULT		CAN	
Coach:	Stephane Yvars		
Music:	Mon coeur s'ouvre a ta voix		
1: 3Lz	Triple Lutz	9: 3T	Triple Toeloop
2: 3F	Triple Flip	10: CCoSp	Change Foot Combination Spin
3: 2A+3T	Double Axel+Triple Toeloop	11: ChSq	Choreo Sequence
4: FSSp	Fly. Sit Spin	12: FCCoSp	Fly. Change Foot Comb. Spin
5: StSq	Step Sequence	13:	
6: 3Lo	Triple Loop	14:	
7: 3S+2T	Triple Salchow+Double Toeloop	15:	
8: 2A+2T+2Lo	Double Axel+Double Toeloop+Double Loop	16:	

8 Ziquan ZHAO		CHN	
Coach:	Shuguang Jia, Wei Liu		
Music:	Tarquito Militar, Oblivion		
1: 3Lz	Triple Lutz	9: 2A	Double Axel
2: 2A+3T	Double Axel+Triple Toeloop	10: CCoSp	Change Foot Combination Spin
3: 3Lo	Triple Loop	11: StSq	Step Sequence
4: FCCoSp	Fly. Change Foot Comb. Spin	12: LSp	Layback Spin
5: ChSq	Choreo Sequence	13:	
6: 3T+2T	Triple Toeloop+Double Toeloop	14:	
7: 3Lo+2T+2Lo	Triple Loop+Double Toeloop+Double Loop	15:	
8: 3S	Triple Salchow	16:	

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9 Amy LIN		TPE	
Coach:	Rafael and Vera Arutiunian, N. Kanaeva		
Music:	Juliet's Aria, Musetta's Waltz		

1: 3Lz	Triple Lutz	9: ChSq	Choreo Sequence
2: 3S+2T	Triple Salchow+Double Toeloop	10: 2A+1Lo+2S	Double Axel+Single Loop+Double Salchow
3: CCoSp	Change Foot Combination Spin	11: 2A	Double Axel
4: 3T+2T	Triple Toeloop+Double Toeloop	12: FCCoSp	Fly. Change Foot Comb. Spin
5: FSSp	Fly. Sit Spin	13:	
6: StSq	Step Sequence	14:	
7: 3S	Triple Salchow	15:	
8: 3T	Triple Toeloop	16:	

10 Kailani CRAINE		AUS	
Coach:	J. Michael, A. Chang, T. Chin		
Music:	Moulin Rouge (soundtrack)		

1: 3Lz+3T	Triple Lutz+Triple Toeloop	9: 2A+2T	Double Axel+Double Toeloop
2: 3F	Triple Flip	10: 2A	Double Axel
3: 3Lz	Triple Lutz	11: StSq	Step Sequence
4: FCCoSp	Fly. Change Foot Comb. Spin	12: LSp	Layback Spin
5: CCoSp	Change Foot Combination Spin	13:	
6: 3Lo+1Lo+3S	Triple Loop+Single Loop+Triple Salchow	14:	
7: 3Lo	Triple Loop	15:	
8: ChSq	Choreo Sequence	16:	

11 Michelle LONG		CAN	
Coach:	Robert Burk		
Music:	Nessun Dorma (from Turandot) by Puccini		

1: 2A+3T	Double Axel+Triple Toeloop	9: 3S	Triple Salchow
2: 3F+2T	Triple Flip+Double Toeloop	10: 3Lo	Triple Loop
3: 3F	Triple Flip	11: StSq	Step Sequence
4: LSp	Layback Spin	12: FCCoSp	Fly. Change Foot Comb. Spin
5: CCoSp	Change Foot Combination Spin	13:	
6: ChSq	Choreo Sequence	14:	
7: 3Lo+2T+2Lo	Triple Loop+Double Toeloop+Double Loop	15:	
8: 2A	Double Axel	16:	

12 Elizabet TURSUNBAEVA		KAZ	
Coach:	Brian Orser		
Music:	The Prayer perf. by C. Dion, A. Boccelli		

1: 3Lo	Triple Loop	9: 3S	Triple Salchow
2: 3Lz	Triple Lutz	10: StSq	Step Sequence
3: 3F	Triple Flip	11: CCoSp	Change Foot Combination Spin
4: FCSp	Fly. Camel Spin	12: LSp	Layback Spin
5: ChSq	Choreo Sequence	13:	
6: 3S+3T	Triple Salchow+Triple Toeloop	14:	
7: 2A+3T	Double Axel+Triple Toeloop	15:	
8: 2A+2T+2T	Double Axel+Double Toeloop+Double Toeloop	16:	

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13 Xiangning LI		CHN	
Coach:	Shuguang Jia, Wei Liu		
Music:	Raymonda by Alexander Glazunov		
1: 3F+2T	Triple Flip+Double Toeloop	9: CCoSp	Change Foot Combination Spin
2: 3Lz+2T	Triple Lutz+Double Toeloop	10: StSq	Step Sequence
3: 3F	Triple Flip	11: 2A	Double Axel
4: ChSq	Choreo Sequence	12: LSp	Layback Spin
5: FCSp	Fly. Camel Spin	13:	
6: 3Lz	Triple Lutz	14:	
7: 2A+1Lo+3S	Double Axel+Single Loop+Triple Salchow	15:	
8: 3T	Triple Toeloop	16:	

14 Soyoun PARK		KOR	
Coach:	Hyun Jung Chi		
Music:	Aranjuez Mon Amour perf. by N. Mouskouri		
1: 2A+3T	Double Axel+Triple Toeloop	9: 2A	Double Axel
2: 3Lo+2T	Triple Loop+Double Toeloop	10: ChSq	Choreo Sequence
3: 3F	Triple Flip	11: CCoSp	Change Foot Combination Spin
4: StSq	Step Sequence	12: LSp	Layback Spin
5: FCSp	Fly. Camel Spin	13:	
6: 3S	Triple Salchow	14:	
7: 3S+2T+2Lo	Triple Salchow+Double Toeloop+Double Loop	15:	
8: 3Lo	Triple Loop	16:	

15 Starr ANDREWS		USA	
Coach:	Derrick Delmore, Peter Kongkasem		
Music:	One Moment in Time perf by W. Houston		
1: 3F	Triple Flip	9: 2A	Double Axel
2: 3T+3T	Triple Toeloop+Triple Toeloop	10: ChSq	Choreo Sequence
3: FCSp	Fly. Camel Spin	11: 2A	Double Axel
4: StSq	Step Sequence	12: CCoSp	Change Foot Combination Spin
5: 3Lo+2T	Triple Loop+Double Toeloop	13:	
6: 3Lo	Triple Loop	14:	
7: 3S+2T+2Lo	Triple Salchow+Double Toeloop+Double Loop	15:	
8: FCCoSp	Fly. Change Foot Comb. Spin	16:	

16 Angela WANG		USA	
Coach:	Christy Krall, Ryan Bradley, Erik Schulz		
Music:	Experience, Circles by Ludovico Einaudi		
1: 3F+3T+2T	Triple Flip+Triple Toeloop+Double Toeloop	9: 2A	Double Axel
2: 3Lz	Triple Lutz	10: FCSp	Fly. Camel Spin
3: 3Lo	Triple Loop	11: StSq	Step Sequence
4: ChSq	Choreo Sequence	12: FCCoSp	Fly. Change Foot Comb. Spin
5: CCoSp	Change Foot Combination Spin	13:	
6: 3Lo+2A	Triple Loop+Double Axel	14:	
7: 3Lz+2T	Triple Lutz+Double Toeloop	15:	
8: 3S	Triple Salchow	16:	

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17 Alaine CHARTRAND		CAN	
Coach:	Michelle Leigh, Christy Krall		
Music:	Sunset Boulevard by Andrew Lloyd Webber		
1: 3Lz+3T	Triple Lutz+Triple Toeloop	9: ChSq	Choreo Sequence
2: 3F	Triple Flip	10: 2A+2Lo	Double Axel+Double Loop
3: FCCoSp	Fly. Change Foot Comb. Spin	11: FCSSp	Fly. Change Foot Sit Spin
4: StSq	Step Sequence	12: CCoSp	Change Foot Combination Spin
5: 2A+1Lo+3S	Double Axel+Single Loop+Triple Salchow	13:	
6: 3Lz	Triple Lutz	14:	
7: 3Lo	Triple Loop	15:	
8: 3S	Triple Salchow	16:	

18 Mariah BELL		USA	
Coach:	Rafael Arutunian		
Music:	West Side Story by Leonard Bernstein		
1: 3Lz+3T	Triple Lutz+Triple Toeloop	9: FCCoSp	Fly. Change Foot Comb. Spin
2: 3Lo	Triple Loop	10: 3S	Triple Salchow
3: 3S	Triple Salchow	11: CCoSp	Change Foot Combination Spin
4: StSq	Step Sequence	12: LSp	Layback Spin
5: 2A+3T	Double Axel+Triple Toeloop	13:	
6: 2F+2T+2T	Double Flip+Double Toeloop+Double Toeloop	14:	
7: 3Lz	Triple Lutz	15:	
8: ChSq	Choreo Sequence	16:	

19 Hanul KIM		KOR	
Coach:	Ji Yeon Oh		
Music:	Mamma Mia (soundtrack)		
1: 3Lz+3T	Triple Lutz+Triple Toeloop	9: 3S	Triple Salchow
2: 2A+3T	Double Axel+Triple Toeloop	10: ChSq	Choreo Sequence
3: 3F	Triple Flip	11: 2A+2T+2Lo	Double Axel+Double Toeloop+Double Loop
4: CCoSp	Change Foot Combination Spin	12: LSp	Layback Spin
5: FSSp	Fly. Sit Spin	13:	
6: StSq	Step Sequence	14:	
7: 3Lo	Triple Loop	15:	
8: 3Lz	Triple Lutz	16:	

20 Dabin CHOI		KOR	
Coach:	Eunhee Lee		
Music:	Doctor Zhivago (soundtrack)		
1: 3Lz+3T	Triple Lutz+Triple Toeloop	9: 2A	Double Axel
2: 3F	Triple Flip	10: CCoSp	Change Foot Combination Spin
3: 2A+3T	Double Axel+Triple Toeloop	11: ChSq	Choreo Sequence
4: FCSp	Fly. Camel Spin	12: LSp	Layback Spin
5: StSq	Step Sequence	13:	
6: 3Lo	Triple Loop	14:	
7: 3Lz+2T+2Lo	Triple Lutz+Double Toeloop+Double Loop	15:	
8: 3S	Triple Salchow	16:	

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Planned Program Content

21 Kaori SAKAMOTO		JPN	
Coach:	Sonoko Nakano, Mitsuko Graham		
Music:	Amelie (soundtrack) by Yann Tiersen		
1: 3F+3T	Triple Flip+Triple Toeloop	9: ChSq	Choreo Sequence
2: 3S	Triple Salchow	10: 3Lo	Triple Loop
3: StSq	Step Sequence	11: 2A	Double Axel
4: FSSp	Fly. Sit Spin	12: FCCoSp	Fly. Change Foot Comb. Spin
5: 3Lz	Triple Lutz	13:	
6: 3F+2T	Triple Flip+Double Toeloop	14:	
7: CCoSp	Change Foot Combination Spin	15:	
8: 2A+3T+2T	Double Axel+Triple Toeloop+Double Toeloop	16:	

22 Mai MIHARA		JPN	
Coach:	Sonoko Nakano, Mitsuko Graham		
Music:	The Mission by Ennio Morricone		
1: 3Lz+3T	Triple Lutz+Triple Toeloop	9: 3Lz+2T+2Lo	Triple Lutz+Double Toeloop+Double Loop
2: ChSq	Choreo Sequence	10: 3S	Triple Salchow
3: 2A	Double Axel	11: StSq	Step Sequence
4: CCoSp	Change Foot Combination Spin	12: FCCoSp	Fly. Change Foot Comb. Spin
5: FSSp	Fly. Sit Spin	13:	
6: 3F	Triple Flip	14:	
7: 2A+3T	Double Axel+Triple Toeloop	15:	
8: 3Lo	Triple Loop	16:	

23 Satoko MIYAHARA		JPN	
Coach:	Mie Hamada, Yamato Tamura, C. Reed		
Music:	Madame Butterfly by G. Puccini		
1: 3Lo	Triple Loop	9: 3S	Triple Salchow
2: 3Lz+3T	Triple Lutz+Triple Toeloop	10: ChSq	Choreo Sequence
3: 3F	Triple Flip	11: 2A	Double Axel
4: FCSp	Fly. Camel Spin	12: LSp	Layback Spin
5: CCoSp	Change Foot Combination Spin	13:	
6: StSq	Step Sequence	14:	
7: 3Lz+2T+2Lo	Triple Lutz+Double Toeloop+Double Loop	15:	
8: 2A+3T	Double Axel+Triple Toeloop	16:	

Please Note:

The Planned Program is listed as announced by the skaters/teams and observed during the practice sessions.

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