

- Ladies

Planned Program Content - Check List

As of: 02/11/2017 16:26:19

Gabrielle DALEMAN CAN

SP/SD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	LSp	Layback Spin	
3	FCSp	Fly. Camel Spin	
4	3F	Triple Flip	
5	2A	Double Axel	
6	StSq	Step Sequence	
7	CCoSp	Change Foot Combination Spin	
8			
9			
10			
FS/FD			Remarks
1	3Lz+3T	Triple Lutz+Triple Toeloop	
2	3F	Triple Flip	
3	3S+3T	Triple Salchow+Triple Toeloop	
4	FCSp	Fly. Camel Spin	
5	StSq	Step Sequence	
6	3Lz	Triple Lutz	
7	3Lo	Triple Loop	
8	2A	Double Axel	
9	ChSq	Choreo Sequence	
10	2A+2T+2T	Double Axel+Double Toeloop+Double Toeloop	
11	CCoSp	Change Foot Combination Spin	
12	FCCoSp	Fly. Change Foot Comb. Spin	
13			
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Planned Program Content - Check List

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Xiangning LI CHN

SP/SD		Remarks
1	3F+2T Triple Flip+Double Toeloop	
2	CCoSp Change Foot Combination Spin	
3	FCSp Fly. Camel Spin	
4	3Lz Triple Lutz	
5	2A Double Axel	
6	StSq Step Sequence	
7	LSp Layback Spin	
8		
9		
10		
FS/FD		Remarks
1	3F+2T Triple Flip+Double Toeloop	
2	3Lz+2T Triple Lutz+Double Toeloop	
3	3F Triple Flip	
4	ChSq Choreo Sequence	
5	FCSp Fly. Camel Spin	
6	3Lz Triple Lutz	
7	2A+1Lo+3S Double Axel+Single Loop+Triple Salchow	
8	3T Triple Toeloop	
9	CCoSp Change Foot Combination Spin	
10	StSq Step Sequence	
11	2A Double Axel	
12	LSp Layback Spin	
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Planned Program Content - Check List

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Ziquan ZHAO CHN

SP/SD		Remarks
1	3T+3T Triple Toeloop+Triple Toeloop	
2	3Lo Triple Loop	
3	FCSp Fly. Camel Spin	
4	2A Double Axel	
5	CCoSp Change Foot Combination Spin	
6	StSq Step Sequence	
7	LSp Layback Spin	
8		
9		
10		
FS/FD		Remarks
1	3Lz Triple Lutz	
2	2A+3T Double Axel+Triple Toeloop	
3	3Lo Triple Loop	
4	FCCoSp Fly. Change Foot Comb. Spin	
5	ChSq Choreo Sequence	
6	3T+3T Triple Toeloop+Triple Toeloop	
7	3Lo+2T Triple Loop+Double Toeloop	
8	3S Triple Salchow	
9	2A Double Axel	
10	CCoSp Change Foot Combination Spin	
11	StSq Step Sequence	
12	LSp Layback Spin	
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Planned Program Content - Check List

As of: 02/11/2017 16:26:19

Wakaba HIGUCHI JPN

SP/SD		Remarks
1	2A Double Axel	
2	FCSp Fly. Camel Spin	
3	CCoSp Change Foot Combination Spin	
4	3Lz+3T Triple Lutz+Triple Toeloop	
5	3F Triple Flip	
6	StSq Step Sequence	
7	LSp Layback Spin	
8		
9		
10		
FS/FD		Remarks
1	2A Double Axel	
2	3Lz+3T Triple Lutz+Triple Toeloop	
3	CCoSp Change Foot Combination Spin	
4	ChSq Choreo Sequence	
5	3S Triple Salchow	
6	3Lz+3T Triple Lutz+Triple Toeloop	
7	3Lo Triple Loop	
8	2A+2T+2Lo Double Axel+Double Toeloop+Double Loop	
9	3F Triple Flip	
10	FCSp Fly. Camel Spin	
11	StSq Step Sequence	
12	LSp Layback Spin	
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Planned Program Content - Check List

As of: 02/11/2017 16:26:19

Marin HONDA JPN

SP/SD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	CCoSp Change Foot Combination Spin	
3	StSq Step Sequence	
4	FCSp Fly. Camel Spin	
5	3Lo Triple Loop	
6	2A Double Axel	
7	LSp Layback Spin	
8		
9		
10		
FS/FD		Remarks
1	3Lz Triple Lutz	
2	3F+3T Triple Flip+Triple Toeloop	
3	CCoSp Change Foot Combination Spin	
4	StSq Step Sequence	
5	FSSp Fly. Sit Spin	
6	2A+3T Double Axel+Triple Toeloop	
7	3Lz+2T+2Lo Triple Lutz+Double Toeloop+Double Loop	
8	3S Triple Salchow	
9	ChSq Choreo Sequence	
10	3Lo Triple Loop	
11	2A Double Axel	
12	LSp Layback Spin	
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Planned Program Content - Check List

As of: 02/11/2017 16:26:19

Mai MIHARA JPN

SP/SD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	CCoSp Change Foot Combination Spin	
3	FSSp Fly. Sit Spin	
4	2A Double Axel	
5	3F Triple Flip	
6	StSq Step Sequence	
7	LSp Layback Spin	
8		
9		
10		
FS/FD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	ChSq Choreo Sequence	
3	2A Double Axel	
4	CCoSp Change Foot Combination Spin	
5	FSSp Fly. Sit Spin	
6	3F Triple Flip	
7	2A+3T Double Axel+Triple Toeloop	
8	3Lo Triple Loop	
9	3Lz+2T+2Lo Triple Lutz+Double Toeloop+Double Loop	
10	3S Triple Salchow	
11	StSq Step Sequence	
12	FCCoSp Fly. Change Foot Comb. Spin	
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Planned Program Content - Check List

As of: 02/11/2017 16:26:19

Dabin CHOI KOR

SP/SD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	CCoSp Change Foot Combination Spin	
3	FCSp Fly. Camel Spin	
4	3F Triple Flip	
5	2A Double Axel	
6	StSq Step Sequence	
7	LSp Layback Spin	
8		
9		
10		
FS/FD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	3F Triple Flip	
3	2A+3T Double Axel+Triple Toeloop	
4	StSq Step Sequence	
5	FCSp Fly. Camel Spin	
6	3Lz+2T+2Lo Triple Lutz+Double Toeloop+Double Loop	
7	3Lo Triple Loop	
8	3S Triple Salchow	
9	CCoSp Change Foot Combination Spin	
10	ChSq Choreo Sequence	
11	2A Double Axel	
12	LSp Layback Spin	
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Elena RADIONOVA RUS

SP/SD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	FCSp Fly. Camel Spin	
3	CCoSp Change Foot Combination Spin	
4	3F Triple Flip	
5	2A Double Axel	
6	StSq Step Sequence	
7	LSp Layback Spin	
8		
9		
10		
FS/FD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	3F Triple Flip	
3	CCoSp Change Foot Combination Spin	
4	StSq Step Sequence	
5	ChSq Choreo Sequence	
6	3Lz+1Lo+3S Triple Lutz+Single Loop+Triple Salchow	
7	3F+2T Triple Flip+Double Toeloop	
8	2A Double Axel	
9	3Lo Triple Loop	
10	2A Double Axel	
11	FCSp Fly. Camel Spin	
12	LSp Layback Spin	
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Elizaveta TUKTAMYSHEVA RUS

SP/SD		Remarks
1	3T+3T Triple Toeloop+Triple Toeloop	
2	FSSp Fly. Sit Spin	
3	LSp Layback Spin	
4	3Lz Triple Lutz	
5	StSq Step Sequence	
6	2A Double Axel	
7	CCoSp Change Foot Combination Spin	
8		
9		
10		
FS/FD		Remarks
1	3Lz+2T+2Lo Triple Lutz+Double Toeloop+Double Loop	
2	3Lz Triple Lutz	
3	3F Triple Flip	
4	FSSp Fly. Sit Spin	
5	LSp Layback Spin	
6	3T+3T Triple Toeloop+Triple Toeloop	
7	3Lo Triple Loop	
8	2A Double Axel	
9	StSq Step Sequence	
10	3S+2A+SEQ Triple Salchow+Double Axel+SEQ	
11	ChSq Choreo Sequence	
12	CCoSp Change Foot Combination Spin	
13		
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Planned Program Content - Check List

As of: 02/11/2017 16:26:19

Alina ZAGITOVA RUS

SP/SD		Remarks
1	FCSp Fly. Camel Spin	
2	StSq Step Sequence	
3	3Lz+3Lo Triple Lutz+Triple Loop	
4	3F Triple Flip	
5	2A Double Axel	
6	LSp Layback Spin	
7	CCoSp Change Foot Combination Spin	
8		
9		
10		
FS/FD		Remarks
1	ChSq Choreo Sequence	
2	FCSp Fly. Camel Spin	
3	StSq Step Sequence	
4	3Lz+3Lo Triple Lutz+Triple Loop	
5	2A+3T Double Axel+Triple Toeloop	
6	3F+2T+2Lo Triple Flip+Double Toeloop+Double Loop	
7	LSp Layback Spin	
8	3Lz Triple Lutz	
9	3S Triple Salchow	
10	3F Triple Flip	
11	2A Double Axel	
12	CCoSp Change Foot Combination Spin	
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Planned Program Content - Check List

As of: 02/11/2017 16:26:19

Amber GLENN USA

SP/SD		Remarks
1	3F+3T Triple Flip+Triple Toeloop	
2	3Lz Triple Lutz	
3	CCoSp Change Foot Combination Spin	
4	FSSp Fly. Sit Spin	
5	2A Double Axel	
6	StSq Step Sequence	
7	LSp Layback Spin	
8		
9		
10		
FS/FD		Remarks
1	3F+3T Triple Flip+Triple Toeloop	
2	3Lz Triple Lutz	
3	FSSp Fly. Sit Spin	
4	2A Double Axel	
5	3Lo Triple Loop	
6	2A+3T+2T Double Axel+Triple Toeloop+Double Toeloop	
7	CCoSp Change Foot Combination Spin	
8	StSq Step Sequence	
9	3F+2T Triple Flip+Double Toeloop	
10	3S Triple Salchow	
11	LSp Layback Spin	
12	ChSq Choreo Sequence	
13		
14		
15		
16		
17		
18		