

# ISU GP NHK Trophy 2017

## Ladies / Short Program

### Planned Program Content

<b>Alena LEONOVA - RUS</b>			
1	Coach:	Evgeni Rukavitsin	
	Music:	Bla Bla Bla Cha Cha Cha by Petty Booka	
1.	3T+3T	Triple Toeloop+Triple Toeloop	
2.	FCSp	Flying Camel Spin	
3.	StSq	Step Sequence	
4.	3F	Triple Flip	
5.	2A	Double Axel	
6.	CCoSp	Change Foot Spin Combo	
7.	LSp	Layback Spin	
8.			
<b>Polina TSURSKAYA - RUS</b>			
2	Coach:	Eteri Tutberidze, Sergei Dudakov	
	Music:	Light of the Seven (Games of Thrones)	
1.	3Lz+3T	Triple Lutz+Triple Toeloop	
2.	FCSp	Flying Camel Spin	
3.	StSq	Step Sequence	
4.	3Lo	Triple Loop	
5.	2A	Double Axel	
6.	CCoSp	Change Foot Spin Combo	
7.	LSp	Layback Spin	
8.			
<b>Alaine CHARTRAND - CAN</b>			
3	Coach:	Michelle Leigh, Christy Krall	
	Music:	Libertango by Astor Piazzolla	
1.	3Lz+3T	Triple Lutz+Triple Toeloop	
2.	3Lo	Triple Loop	
3.	FSSp	Flying Sit Spin	
4.	2A	Double Axel	
5.	StSq	Step Sequence	
6.	LSp	Layback Spin	
7.	CCoSp	Change Foot Spin Combo	
8.			
<b>Soyoun PARK - KOR</b>			
4	Coach:	Hyun Jung Chi	
	Music:	Black Swan	
1.	3S+3T	Triple Salchow+Triple Toeloop	
2.	3Lo	Triple Loop	
3.	FCSp	Flying Camel Spin	
4.	2A	Double Axel	
5.	StSq	Step Sequence	
6.	LSp	Layback Spin	
7.	CCoSp	Change Foot Spin Combo	
8.			
<b>Yuna SHIRAIWA - JPN</b>			
5	Coach:	Mie Hamada, Yamato Tamura, H.Okamoto	
	Music:	The Girl With Flaxen Hair by C. Debussy	
1.	3Lz+3T	Triple Lutz+Triple Toeloop	
2.	FSSp	Flying Sit Spin	
3.	LSp	Layback Spin	
4.	2A	Double Axel	
5.	3F	Triple Flip	
6.	StSq	Step Sequence	
7.	CCoSp	Change Foot Spin Combo	
8.			
<b>Nicole RAJICOVA - SVK</b>			
6	Coach:	Igor Krokavec, Nikolai Morozov, Tom Rajic	
	Music:	Une page d'amour by Nathalia Mansner	
1.	3Lo+3Lo	Triple Loop+Triple Loop	
2.	3Lz	Triple Lutz	
3.	FCSp	Flying Camel Spin	
4.	LSp	Layback Spin	
5.	2A	Double Axel	
6.	StSq	Step Sequence	
7.	CCoSp	Change Foot Spin Combo	
8.			

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<b>7 Mariah BELL - USA</b> Coach: Rafael Arutunian Music: Roxie, All That Jazz (Chicago)			
1. 3Lz+3T	Triple Lutz+Triple Toeloop	5. 2A	Double Axel
2. LSp	Layback Spin	6. StSq	Step Sequence
3. FSSp	Flying Sit Spin	7. CCoSp	Change Foot Spin Combo
4. 3F	Triple Flip	8.	
<b>8 Carolina KOSTNER - ITA</b> Coach: Alexei Mishin, Michael Huth Music: Ne me quitte pas performed by C. Dion			
1. 3T+3T	Triple Toeloop+Triple Toeloop	5. LSp	Layback Spin
2. 3Lo	Triple Loop	6. StSq	Step Sequence
3. FCSp	Flying Camel Spin	7. CCoSp	Change Foot Spin Combo
4. 2A	Double Axel	8.	
<b>9 Mirai NAGASU - USA</b> Coach: Tom Zakrajsek Music: Nocturne No. 20 in C Sharp Minor			
1. 3A	Triple Axel	5. CCoSp	Change Foot Spin Combo
2. 3F+3T	Triple Flip+Triple Toeloop	6. StSq	Step Sequence
3. FCSp	Flying Camel Spin	7. LSp	Layback Spin
4. 3Lz	Triple Lutz	8.	
<b>10 Rika HONGO - JPN</b> Coach: H. Nagakubo, Y. Naruse, M. Kawaume Music: O Fortuna (from "Carmina Burana")			
1. 3F+3T	Triple Flip+Triple Toeloop	5. 2A	Double Axel
2. LSp	Layback Spin	6. StSq	Step Sequence
3. FCSp	Flying Camel Spin	7. CCoSp	Change Foot Spin Combo
4. 3Lz	Triple Lutz	8.	
<b>11 Satoko MIYAHARA - JPN</b> Coach: Mie Hamada, Yamato Tamura, C. Reed Music: Memoirs of a Geisha (soundtrack)			
1. 3Lz+3T	Triple Lutz+Triple Toeloop	5. StSq	Step Sequence
2. FCSp	Flying Camel Spin	6. 2A	Double Axel
3. CCoSp	Change Foot Spin Combo	7. LSp	Layback Spin
4. 3Lo	Triple Loop	8.	
<b>12 Evgenia MEDVEDEVA - RUS</b> Coach: Eteri Tutberidze, Sergei Dudakov Music: Nocturne by Frederic Chopin			
1. FCSp	Flying Camel Spin	5. 2A	Double Axel
2. StSq	Step Sequence	6. CCoSp	Change Foot Spin Combo
3. 3F+3T	Triple Flip+Triple Toeloop	7. LSp	Layback Spin
4. 3Lo	Triple Loop	8.	

Please Note:

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