

ISU GP NHK Trophy 2017

Ladies / Free Skating

Planned Program Content

Alaine CHARTRAND - CAN					
1	Coach:	Michelle Leigh, Christy Krall			
	Music:	Sunset Boulevard by Andrew Lloyd Webber			
1.	3Lz+3T	Triple Lutz+Triple Toeloop	9.	ChSq	Choreographic Sequence
2.	3F	Triple Flip	10.	2A+2Lo	Double Axel+Double Loop
3.	FCCoSp	Flying Change Foot Spin Combo	11.	FCSSp	Flying Change Foot Sit Spin
4.	StSq	Step Sequence	12.	CCoSp	Change Foot Spin Combo
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.		
Nicole RAJICOVA - SVK					
2	Coach:	Igor Krokavec, Nikolai Morozov, Tom Rajic			
	Music:	Rain In Your Black Eyes by Ezio Bosso			
1.	2A+1Lo+3S	Double Axel+Single Loop+Triple Salchow	9.	FCCoSp	Flying Change Foot Spin Combo
2.	3F	Triple Flip	10.	3T	Triple Toeloop
3.	3Lz+2Lo	Triple Lutz+Double Loop	11.	StSq	Step Sequence
4.	FCSp	Flying Camel Spin	12.	CCoSp	Change Foot Spin Combo
5.	ChSq	Choreographic Sequence	13.		
6.	3Lz	Triple Lutz	14.		
7.	3Lo+2Lo	Triple Loop+Double Loop	15.		
8.	3Lo	Triple Loop	16.		
Soyoun PARK - KOR					
3	Coach:	Hyun Jung Chi			
	Music:	Aranjuez Mon Amour perf. by N. Mouskouri			
1.	3Lo	Triple Loop	9.	3S	Triple Salchow
2.	2A+3T	Double Axel+Triple Toeloop	10.	ChSq	Choreographic Sequence
3.	3F	Triple Flip	11.	CCoSp	Change Foot Spin Combo
4.	StSq	Step Sequence	12.	LSp	Layback Spin
5.	FCSp	Flying Camel Spin	13.		
6.	2A	Double Axel	14.		
7.	3S+2T+2Lo	Triple Salchow+Double Toeloop+Double Loop	15.		
8.	3Lo+2T	Triple Loop+Double Toeloop	16.		
Alena LEONOVA - RUS					
4	Coach:	Evgeni Rukavicin			
	Music:	Tune Maari Entriyaan Bollywood Selection			
1.	3T+3T	Triple Toeloop+Triple Toeloop	9.	3S	Triple Salchow
2.	3Lz	Triple Lutz	10.	2A+2T+2Lo	Double Axel+Double Toeloop+Double Loop
3.	2A	Double Axel	11.	LSp	Layback Spin
4.	FCSp	Flying Camel Spin	12.	StSq	Step Sequence
5.	CCoSp	Change Foot Spin Combo	13.		
6.	ChSq	Choreographic Sequence	14.		
7.	3F+2T	Triple Flip+Double Toeloop	15.		
8.	3F	Triple Flip	16.		

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Yuna SHIRAIWA - JPN 5 Coach: Mie Hamada, Yamato Tamura, H.Okamoto Music: Pictures At An Exhibition by Mussorgsky			
1. 3Lz+3T	Triple Lutz+Triple Toeloop	9. 3F	Triple Flip
2. 2A	Double Axel	10. 2A+2T+2Lo	Double Axel+Double Toeloop+Double Loop
3. FSSp	Flying Sit Spin	11. LSp	Layback Spin
4. StSq	Step Sequence	12. 3Lo	Triple Loop
5. 3Lz+3T	Triple Lutz+Triple Toeloop	13.	
6. 3S	Triple Salchow	14.	
7. CCoSp	Change Foot Spin Combo	15.	
8. ChSq	Choreographic Sequence	16.	
Mariah BELL - USA 6 Coach: Rafael Arutunian Music: West Side Story by Leonard Bernstein			
1. 3Lz+3T	Triple Lutz+Triple Toeloop	9. FCCoSp	Flying Change Foot Spin Combo
2. 3Lo	Triple Loop	10. 3F	Triple Flip
3. 2A	Double Axel	11. CCoSp	Change Foot Spin Combo
4. StSq	Step Sequence	12. LSp	Layback Spin
5. 2A+1Lo+3S	Double Axel+Single Loop+Triple Salchow	13.	
6. 3Lz	Triple Lutz	14.	
7. 3F+2T	Triple Flip+Double Toeloop	15.	
8. ChSq	Choreographic Sequence	16.	
Rika HONGO - JPN 7 Coach: H. Nagakubo, Y. Naruse, M. Kawaume Music: Frida (soundtrack) by Elliot Goldenthal			
1. 3F+3T	Triple Flip+Triple Toeloop	9. FCCoSp	Flying Change Foot Spin Combo
2. 3S	Triple Salchow	10. ChSq	Choreographic Sequence
3. 3Lz	Triple Lutz	11. 2A	Double Axel
4. StSq	Step Sequence	12. CCoSp	Change Foot Spin Combo
5. FCSp	Flying Camel Spin	13.	
6. 2A+3T+2T	Double Axel+Triple Toeloop+Double Toeloop	14.	
7. 3Lo	Triple Loop	15.	
8. 3F+2T	Triple Flip+Double Toeloop	16.	
Mirai NAGASU - USA 8 Coach: Tom Zakrajsek Music: Miss Saigon by C.M. Schoenberg			
1. 3A	Triple Axel	9. StSq	Step Sequence
2. 3F+3T	Triple Flip+Triple Toeloop	10. ChSq	Choreographic Sequence
3. 3S	Triple Salchow	11. 3Lo	Triple Loop
4. CCoSp	Change Foot Spin Combo	12. LSp	Layback Spin
5. FCSp	Flying Camel Spin	13.	
6. 2A+3T+2T	Double Axel+Triple Toeloop+Double Toeloop	14.	
7. 3Lz	Triple Lutz	15.	
8. 3Lo+2T	Triple Loop+Double Toeloop	16.	

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Satoko MIYAHARA - JPN			
9	Coach:	Mie Hamada, Yamato Tamura, C. Reed	
	Music:	Madame Butterfly by G. Puccini	
1.	3Lo	Triple Loop	
2.	3Lz+3T	Triple Lutz+Triple Toeloop	
3.	3F	Triple Flip	
4.	FCSp	Flying Camel Spin	
5.	CCoSp	Change Foot Spin Combo	
6.	StSq	Step Sequence	
7.	3Lz+2T+2Lo	Triple Lutz+Double Toeloop+Double Loop	
8.	2A+3T	Double Axel+Triple Toeloop	
9.	3S	Triple Salchow	
10.	ChSq	Choreographic Sequence	
11.	2A	Double Axel	
12.	LSp	Layback Spin	
13.			
14.			
15.			
16.			
Evgenia MEDVEDEVA - RUS			
10	Coach:	Eteri Tutberidze, Sergei Dudakov	
	Music:	Anna Karenina by Dario Marianelli	
1.	3F+3T	Triple Flip+Triple Toeloop	
2.	3Lz	Triple Lutz	
3.	FCCoSp	Flying Change Foot Spin Combo	
4.	StSq	Step Sequence	
5.	3F	Triple Flip	
6.	3Lo	Triple Loop	
7.	2A+2T+2T	Double Axel+Double Toeloop+Double Toeloop	
8.	3S+3T	Triple Salchow+Triple Toeloop	
9.	2A	Double Axel	
10.	ChSq	Choreographic Sequence	
11.	CCoSp	Change Foot Spin Combo	
12.	LSp	Layback Spin	
13.			
14.			
15.			
16.			
Polina TSURSKAYA - RUS			
11	Coach:	Eteri Tutberidze, Sergei Dudakov	
	Music:	Nocturne, Song for the Little Sparrow	
1.	3Lz+3T	Triple Lutz+Triple Toeloop	
2.	3F	Triple Flip	
3.	FCCoSp	Flying Change Foot Spin Combo	
4.	CCoSp	Change Foot Spin Combo	
5.	ChSq	Choreographic Sequence	
6.	2A+3T+2T	Double Axel+Triple Toeloop+Double Toeloop	
7.	3Lz+2T	Triple Lutz+Double Toeloop	
8.	3S	Triple Salchow	
9.	3Lo	Triple Loop	
10.	2A	Double Axel	
11.	StSq	Step Sequence	
12.	LSp	Layback Spin	
13.			
14.			
15.			
16.			
Carolina KOSTNER - ITA			
12	Coach:	Alexei Mishin, Michael Huth	
	Music:	L'apres-midi d'un faun by Claude Debussy	
1.	3F+3T	Triple Flip+Triple Toeloop	
2.	3F	Triple Flip	
3.	3Lo	Triple Loop	
4.	FCSp	Flying Camel Spin	
5.	FCCoSp	Flying Change Foot Spin Combo	
6.	3T	Triple Toeloop	
7.	2A+1Lo+3S	Double Axel+Single Loop+Triple Salchow	
8.	2A	Double Axel	
9.	3S+2T	Triple Salchow+Double Toeloop	
10.	ChSq	Choreographic Sequence	
11.	StSq	Step Sequence	
12.	CCoSp	Change Foot Spin Combo	
13.			
14.			
15.			
16.			