

# NHK Trophy 2021

## Women / Free Skating

### Planned Program Content

<b>Seoyeong WI - KOR</b>			
1	Coach:	Hyungkyung Choi	
	Music:	Tristan and Isolde	
1.	3Lz+3T	Triple Lutz+Triple Toeloop	
2.	3Lo+2T	Triple Loop+Double Toeloop	
3.	3F	Triple Flip	
4.	2A	Double Axel	
5.	FCSp	Flying Camel Spin	
6.	ChSq	Choreographic Sequence	
7.	2A+1Eu+3S	Double Axel+Single Euler+Triple Salchow	
8.	3Lz	Triple Lutz	
9.	3Lo	Triple Loop	
10.	StSq	Step Sequence	
11.	FCCoSp	Flying Change Foot Combo Spin	
12.	CCoSp	Change Foot Combo Spin	
13.			
14.			
15.			
16.			

<b>Nicole SCHOTT - GER</b>			
2	Coach:	Michael Huth	
	Music:	Rain, In Your Black Eyes by Ezio Bosso	
1.	3F+3T	Triple Flip+Triple Toeloop	
2.	3F	Triple Flip	
3.	3Lo+2T+2Lo	Triple Loop+Double Toeloop+Double Loop	
4.	2A	Double Axel	
5.	CCoSp	Change Foot Combo Spin	
6.	ChSq	Choreographic Sequence	
7.	2A	Double Axel	
8.	3S+2T	Triple Salchow+Double Toeloop	
9.	3S	Triple Salchow	
10.	StSq	Step Sequence	
11.	FCSp	Flying Camel Spin	
12.	LSp	Layback Spin	
13.			
14.			
15.			
16.			

<b>Rino MATSUIKE - JPN</b>			
3	Coach:	Machiko Yamada, Mihoko Higuchi	
	Music:	Moonlight (Beethoven) by V. Tocca, J. Thomas	
1.	2A	Double Axel	
2.	3Lz+3T	Triple Lutz+Triple Toeloop	
3.	2A	Double Axel	
4.	3Lo	Triple Loop	
5.	FCCoSp	Flying Change Foot Combo Spin	
6.	StSq	Step Sequence	
7.	3Lz+2T	Triple Lutz+Double Toeloop	
8.	3S+3T+2T	Triple Salchow+Triple Toeloop+Double Toeloop	
9.	3F	Triple Flip	
10.	ChSq	Choreographic Sequence	
11.	CCoSp	Change Foot Combo Spin	
12.	LSp	Layback Spin	
13.			
14.			
15.			
16.			

<b>Amber GLENN - USA</b>			
4	Coach:	Peter Cain, Darlene Cain	
	Music:	Rain In Your Black Eyes	
1.	3F+3T	Triple Flip+Triple Toeloop	
2.	2A	Double Axel	
3.	3F	Triple Flip	
4.	3Lz+2T+2Lo	Triple Lutz+Double Toeloop+Double Loop	
5.	FSSp	Flying Sit Spin	
6.	StSq	Step Sequence	
7.	3Lo+2T	Triple Loop+Double Toeloop	
8.	3Lo	Triple Loop	
9.	2A	Double Axel	
10.	CCoSp	Change Foot Combo Spin	
11.	ChSq	Choreographic Sequence	
12.	LSp	Layback Spin	
13.			
14.			
15.			
16.			

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<b>Eunsoo LIM - KOR</b> 5 Coach: Minjeong Kwak Music: East of Eden (soundtrack), Searching for Eden			
1. 3Lz+3T	Triple Lutz+Triple Toeloop	9. FCSp	Flying Camel Spin
2. 3F+2A+Seq	Triple Flip+Double Axel+SEQ	10. CCoSp	Change Foot Combo Spin
3. 3Lo	Triple Loop	11. StSq	Step Sequence
4. 3Lz+2T+2Lo	Triple Lutz+Double Toeloop+Double Loop	12. LSp	Layback Spin
5. ChSq	Choreographic Sequence	13.	
6. 3F	Triple Flip	14.	
7. 3S	Triple Salchow	15.	
8. 2A	Double Axel	16.	
<b>Alysa LIU - USA</b> 6 Coach: M. Scali, J. Abbott, L. Magri, P. DiGuglielmo Music: Violin Concerto in D by Tchaikovski			
1. 3A	Triple Axel	9. 3F+2A+SEQ	Triple Flip+Double Axel+SEQ
2. 3S	Triple Salchow	10. ChSq	Choreographic Sequence
3. 3Lo	Triple Loop	11. CCoSp	Change Foot Combo Spin
4. 2A+3T	Double Axel+Triple Toeloop	12. LSp	Layback Spin
5. FCCoSp	Flying Change Foot Combo Spin	13.	
6. StSq	Step Sequence	14.	
7. 3Lz+1Eu+3F	Triple Lutz+Single Euler+Triple Flip	15.	
8. 3Lz	Triple Lutz	16.	
<b>Young YOU - KOR</b> 7 Coach: Tammy Gambill, Mie Hamada Music: Les Miserables by Claude Michel Schonberg			
1. 3A	Triple Axel	9. 3F	Triple Flip
2. 3Lz+3T	Triple Lutz+Triple Toeloop	10. FCCoSp	Flying Change Foot Combo Spin
3. 3Lo	Triple Loop	11. ChSq	Choreographic Sequence
4. 2A	Double Axel	12. CCoSp	Change Foot Combo Spin
5. StSq	Step Sequence	13.	
6. 3Lz+1Eu+3S	Triple Lutz+Single Euler+Triple Salchow	14.	
7. LSp	Layback Spin	15.	
8. 2A+3T	Double Axel+Triple Toeloop	16.	
<b>Mana KAWABE - JPN</b> 8 Coach: M. Hamada, Y. Tamura, S. Muramoto, H. Sato Music: Miracle by S. Brightman, Yoshiki			
1. 3A	Triple Axel	9. 3F	Triple Flip
2. 3Lz+3T	Triple Lutz+Triple Toeloop	10. 3S	Triple Salchow
3. LSp	Layback Spin	11. ChSq	Choreographic Sequence
4. 3Lo	Triple Loop	12. CCoSp	Change Foot Combo Spin
5. 3Lz+2T	Triple Lutz+Double Toeloop	13.	
6. StSq	Step Sequence	14.	
7. 2A+3T+2T	Double Axel+Triple Toeloop+Double Toeloop	15.	
8. FSSp	Flying Sit Spin	16.	

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Kaori SAKAMOTO - JPN					
9	Coach:	S. Nakano, M. Graham, S. Kawahara			
	Music:	No More Fight Left In Me , Tris			
1.	2A	Double Axel	9.	CCoSp	Change Foot Combo Spin
2.	3Lz	Triple Lutz	10.	ChSq	Choreographic Sequence
3.	3F+2T	Triple Flip+Double Toeloop	11.	3Lo	Triple Loop
4.	3S	Triple Salchow	12.	FCCoSp	Flying Change Foot Combo Spin
5.	FSSp	Flying Sit Spin	13.		
6.	3F+3T	Triple Flip+Triple Toeloop	14.		
7.	2A+3T+2T	Double Axel+Triple Toeloop+Double Toeloop	15.		
8.	StSq	Step Sequence	16.		