

Aspire Skills

Level 3 Curriculum

- 1. Alternating backward crossovers to backward outside edges (4 sets)**
- 2. Alternating mohawk/crossover sequence (Right to Left and Left to Right)**
- 3. Waltz three turns (Right and Left)**
- 4. Change Foot Spin (min 2 revolutions on each foot)**
- 5. Forward Camel Spin (min 3 revolutions)**
- 6. Euler (1/2 Loop Jump)**
- 7. Loop Jump**
- 8. Toe step sequence, skaters choice**
- 9. Forward power three-turns, 3 sets each (right and left)**
- 10. Alternating forward outside and inside spirals on a continuous axis (2 sets)**
- 11. Split jump, stag jump, or split falling leaf**

