SKATING ACADEMY

ASPIRE LEVEL 3A AND 3B

LEVEL 3A

Alternating C-step / Crossover Sequence

Waltz 3 Turns Right and Left

Change Foot Spin minimum 2 revs each foot

Euler (1/2 loop jump)

Alternating Forward Outside and Inside Spirals

LEVEL 3B

Alternating Back Crossover to Back Outside Edge

Camel Spin from Back Crossovers

Loop Jump

Toe Step Squence of skaters choice

Forward Power 3 Turn Sequence

Split Jump, Stag Jump or Split Falling Leaf