

KRAKEN SKATING ACADEMY EMERALD EDGE

Adult Free Skate (Ages 18+)



Free Skate #1

- C-Step step sequence
- Backward outside three-turns (R & L)
- Pre-bronze backward consecutive edges (outside)
- Waltz jump
- Two-foot spin into one-foot spin (2 revs)
- Backward crossovers to a landing position on circle
- Mazurka

Free Skate #2

- Pre-bronze backward consecutive edges (inside)
- Backward inside three-turns (R & L)
- Waltz three-turns
- Toe Loop
- Half Flip
- Advanced one-foot spin from hook entry (3+ revs)
- Forward powerpulls (R & L)

Free Skate #3

- Pre-bronze Waltz Eight
- Pre-bronze crossovers Figure Eight (FWD & BKWD)
- Alternating C-Step cross
- Salchow
- Half Lutz
- Beginning back spin

Free Skate #4

- Bronze perimeter power stroking (FWD & BKWD)
- Bronze alternating backward crossovers to outside edges
- Backward powerpulls (R & L)
- Loop
- Toe jump combos
- Advanced back spin (3+ revs)
- Beginning forward upright spin to back upright spin

Free Skate #5

- Bronze Five-Step C-Step sequence
- Bronze power three-turns
- Flip
- Euler
- Advanced forward upright spin to back upright spin (3+ revs each foot)
- Beginning sit spin

Free Skate #6

- Bronze Circle Eight
- Backward power three-turns
- Creative step sequence connecting three-turns, C-Steps, toe turns, etc
- Lutz
- Loop and Euler combos
- Advanced sit spin (3+ revs)
- Beginning camel