



### **Edges/Crossovers:**

- Forward Outside/Inside Edges on the circle
- Backward Outside/Inside Edges on the circle
- Forward Outside Edges, on ½ circles (large C's), Alternating
- Forwards Inside Edges, on ½ circles (large C's), Alternating
- Forward C-Cuts on a circle, both directions
- Backward C-Cuts on a circle, both directions
- Forwards Crossover glides, clockwise and counter-clockwise. Hold feet in crossed position for 2 counts
- Backwards Crossover glides, clockwise and counter-clockwise. Hold feet in crossed position for 2 counts

### **Stops:**

- Inside Edge Stops/ Right and Left
- Hockey Stops, stopping to the Right and Left
- T-Stops(Outside Edge Stops), Right and Left
- One Foot Inside Edge Stops, Right and Left

### **Power/Strides:**

- Forward Swizzles
- Backward Swizzles
- Forward C-Cuts: Right and left alternating in a straight line
- Backward C-Cuts: Right and left alternating in a straight line
- Slaloms: Using Both inside and outside edges.
- Explosive Swizzle-Hops Fwd/Bkwd
- Strides with full extension, Underspeed/focus on full recovery, and complete push through toe

### **Agility/Balance/Pivoting:**

- Pivots/Two foot turns: forward to backward and backward to forward, Right and Left on two feet
- Forward 1 Foot Glides, Right and Left
- Backward 1 Foot Glides, Right and Left
- Forward power turns/tight glide turns, Clockwise and Counterclockwise