

# World Championships 2019

## Ladies / Free Skating

### Planned Program Content

<b>Natasha MCKAY - GBR</b>			
1	Coach:	Debi and Simon Briggs	
	Music:	Rondo Capriccioso by Camille Saint-Saens	
1.	3Lo+2T	Triple Loop+Double Toeloop	
2.	3Lo	Triple Loop	
3.	2A	Double Axel	
4.	StSq	Step Sequence	
5.	CSp	Camel Spin	
6.	3S+2T+2Lo	Triple Salchow+Double Toeloop+Double Loop	
7.	3S	Triple Salchow	
8.	2A	Double Axel	
9.	2Lz+2Lo	Double Lutz+Double Loop	
10.	FSSp	Flying Sit Spin	
11.	ChSq	Choreographic Sequence	
12.	CCoSp	Change Foot Spin Combo	
13.			
14.			
15.			
16.			
<b>Alexandra FEIGIN - BUL</b>			
2	Coach:	Andrei Lutai	
	Music:	The Nutcracker by Petr I. Tchaikovski	
1.	3Lz	Triple Lutz	
2.	3T+3T	Triple Toeloop+Triple Toeloop	
3.	3F	Triple Flip	
4.	CSSp	Change Foot Sit Spin	
5.	StSq	Step Sequence	
6.	3Lo	Triple Loop	
7.	3Lo+2T+2Lo	Triple Loop+Double Toeloop+Double Loop	
8.	3S+2A	Triple Salchow+Double Axel	
9.	2A	Double Axel	
10.	FCCoSp	Flying Change Foot Spin Combo	
11.	ChSq	Choreographic Sequence	
12.	SSp	Sit Spin	
13.			
14.			
15.			
16.			
<b>Laurine LECAVELIER - FRA</b>			
3	Coach:	Kori Ade	
	Music:	I'll Take Care of You	
1.	3Lz+3T	Triple Lutz+Triple Toeloop	
2.	2A+3T	Double Axel+Triple Toeloop	
3.	3F	Triple Flip	
4.	CCoSp	Change Foot Spin Combo	
5.	StSq	Step Sequence	
6.	FCSp	Flying Camel Spin	
7.	3S	Triple Salchow	
8.	2A+1Eu+2S	Double Axel+Single Euler+Double Salchow	
9.	3Lz	Triple Lutz	
10.	ChSq	Choreographic Sequence	
11.	3Lo	Triple Loop	
12.	LSp	Layback Spin	
13.			
14.			
15.			
16.			
<b>Alaine CHARTRAND - CAN</b>			
4	Coach:	Tracey Wainman, Gregor Filipowski	
	Music:	Sunset Boulevard by Andrew Lloyd Webber	
1.	3Lz+3T	Triple Lutz+Triple Toeloop	
2.	3F	Triple Flip	
3.	2A	Double Axel	
4.	FCCoSp	Flying Change Foot Spin Combo	
5.	StSq	Step Sequence	
6.	3Lo	Triple Loop	
7.	2A+1Eu+3S	Double Axel+Single Euler+Triple Salchow	
8.	3Lz	Triple Lutz	
9.	3S+2T	Triple Salchow+Double Toeloop	
10.	ChSq	Choreographic Sequence	
11.	FCSSp	Flying Change Foot Sit Spin	
12.	CCoSp	Change Foot Spin Combo	
13.			
14.			
15.			
16.			

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<b>Isadora WILLIAMS - BRA</b> 5 Coach: Igor Lukanin, Kristen Frazer-Lukanin Music: Malaguena, Rocio de todos los campos			
1. 3Lz+2T	Triple Lutz+Double Toeloop	9. 3S+2T	Triple Salchow+Double Toeloop
2. 2A+1Eu+2S	Double Axel+Single Euler+Double Salchow	10. 2A	Double Axel
3. 3F	Triple Flip	11. CCoSp	Change Foot Spin Combo
4. LSp	Layback Spin	12. FSSp	Flying Sit Spin
5. StSq	Step Sequence	13.	
6. 3Lo	Triple Loop	14.	
7. 3Lz	Triple Lutz	15.	
8. ChSq	Choreographic Sequence	16.	
<b>Eva Lotta KIIBUS - EST</b> 6 Coach: Anna Levandi Music: Michael Meets Mozart by The Piano Guys			
1. 2A+3T	Double Axel+Triple Toeloop	9. 2Lz	Double Lutz
2. 3F	Triple Flip	10. ChSq	Choreographic Sequence
3. 2A+1Eu+3S	Double Axel+Single Euler+Triple Salchow	11. CCoSp	Change Foot Spin Combo
4. 3F+2T	Triple Flip+Double Toeloop	12. LSp	Layback Spin
5. 3Lo	Triple Loop	13.	
6. FCCoSp	Flying Change Foot Spin Combo	14.	
7. StSq	Step Sequence	15.	
8. 3T	Triple Toeloop	16.	
<b>Eliska BREZINOVA - CZE</b> 7 Coach: R. Brezina, I. Krokavec, J. Sabovcik Music: Survivor (Tomb Raider soundtrack)			
1. 3Lz+2T	Triple Lutz+Double Toeloop	9. CCoSp	Change Foot Spin Combo
2. 3F	Triple Flip	10. 2A+2A	Double Axel+Double Axel
3. 3T	Triple Toeloop	11. ChSq	Choreographic Sequence
4. FCSSp	Flying Change Foot Sit Spin	12. FCCoSp	Flying Change Foot Spin Combo
5. 3T+2T+2Lo	Triple Toeloop+Double Toeloop+Double Loop	13.	
6. StSq	Step Sequence	14.	
7. 3Lz	Triple Lutz	15.	
8. 3S	Triple Salchow	16.	
<b>Ekaterina RYABOVA - AZE</b> 8 Coach: Alexander Volkov, Evgeni Plushenko Music: Admiral, Aurora			
1. 3Lz+3T	Triple Lutz+Triple Toeloop	9. 3F	Triple Flip
2. 3Lo	Triple Loop	10. FCCoSp	Flying Change Foot Spin Combo
3. CCoSp	Change Foot Spin Combo	11. ChSq	Choreographic Sequence
4. 3S	Triple Salchow	12. LSp	Layback Spin
5. StSq	Step Sequence	13.	
6. 2A+3T	Double Axel+Triple Toeloop	14.	
7. 2A+2T+2Lo	Double Axel+Double Toeloop+Double Loop	15.	
8. 3Lz	Triple Lutz	16.	

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<b>Hongyi CHEN - CHN</b> 9 Coach: Yang Zhao Music: Baghdad			
1. 2A+3T+2T	Double Axel+Triple Toeloop+Double Toeloop	9. CCoSp	Change Foot Spin Combo
2. 2A+3T	Double Axel+Triple Toeloop	10. 3S	Triple Salchow
3. 3Lz	Triple Lutz	11. ChSq	Choreographic Sequence
4. 3Lo	Triple Loop	12. FCCoSp	Flying Change Foot Spin Combo
5. LSp	Layback Spin	13.	
6. StSq	Step Sequence	14.	
7. 3F+2T	Triple Flip+Double Toeloop	15.	
8. 2A	Double Axel	16.	
<b>Loena HENDRICKX - BEL</b> 10 Coach: Carine Herrygers Music: Different by Gotan Project			
1. 3Lz+3T	Triple Lutz+Triple Toeloop	9. 3S	Triple Salchow
2. 3F	Triple Flip	10. LSp	Layback Spin
3. 2A	Double Axel	11. ChSq	Choreographic Sequence
4. 3Lz	Triple Lutz	12. FCCoSp	Flying Change Foot Spin Combo
5. CCoSp	Change Foot Spin Combo	13.	
6. StSq	Step Sequence	14.	
7. 3F+2T+2Lo	Triple Flip+Double Toeloop+Double Loop	15.	
8. 2A+2Lo	Double Axel+Double Loop	16.	
<b>Dasa GRM - SLO</b> 11 Coach: Anej Wagner Music: Pretty Hurts, Only the Winds, I Was Here			
1. 3Lz	Triple Lutz	9. CCoSp	Change Foot Spin Combo
2. 3F+2T	Triple Flip+Double Toeloop	10. ChSq	Choreographic Sequence
3. 3F	Triple Flip	11. StSq	Step Sequence
4. 3T+1Eu+3S	Triple Toeloop+Single Euler+Triple Salchow	12. FSSp	Flying Sit Spin
5. FCCoSp	Flying Change Foot Spin Combo	13.	
6. 2A+2T	Double Axel+Double Toeloop	14.	
7. 2A	Double Axel	15.	
8. 3T	Triple Toeloop	16.	
<b>Yi Christy LEUNG - HKG</b> 12 Coach: Tammy Gambill Music: Breath of Life by Florence & the Machine			
1. 3Lz+3T	Triple Lutz+Triple Toeloop	9. 3F+2T	Triple Flip+Double Toeloop
2. 3F	Triple Flip	10. StSq	Step Sequence
3. 3Lo	Triple Loop	11. ChSq	Choreographic Sequence
4. 2A	Double Axel	12. CCoSp	Change Foot Spin Combo
5. FCSp	Flying Camel Spin	13.	
6. LSp	Layback Spin	14.	
7. 2A+1Lo+3S	Double Axel+Single Loop+Triple Salchow	15.	
8. 3Lz	Triple Lutz	16.	

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<b>Gabrielle DALEMAN - CAN</b> 13 Coach: Lee Barkell, Brian Orser Music: Samson and Delilah by C. Saint-Saens			
1. 3Lz+3T	Triple Lutz+Triple Toeloop	9. 3S+2T+2T	Triple Salchow+Double Toeloop+Double Toeloop
2. 3F	Triple Flip	10. FCCoSp	Flying Change Foot Spin Combo
3. 3Lo	Triple Loop	11. ChSq	Choreographic Sequence
4. 2A	Double Axel	12. CCoSp	Change Foot Spin Combo
5. FCSp	Flying Camel Spin	13.	
6. StSq	Step Sequence	14.	
7. 2A+3T	Double Axel+Triple Toeloop	15.	
8. 3Lz	Triple Lutz	16.	
<b>Bradie TENNELL - USA</b> 14 Coach: Denise Myers, Jeremy Allen Music: Romeo and Juliet by Sergei Prokofiev			
1. 2A	Double Axel	9. 3S	Triple Salchow
2. 3Lz+3T	Triple Lutz+Triple Toeloop	10. ChSq	Choreographic Sequence
3. 3F	Triple Flip	11. FCCoSp	Flying Change Foot Spin Combo
4. 2A	Double Axel	12. CCoSp	Change Foot Spin Combo
5. LSp	Layback Spin	13.	
6. StSq	Step Sequence	14.	
7. 3Lz+3T	Triple Lutz+Triple Toeloop	15.	
8. 3Lo+2T+2Lo	Triple Loop+Double Toeloop+Double Loop	16.	
<b>Nicole SCHOTT - GER</b> 15 Coach: Michael Huth Music: Pas sans toi performed by Lara Fabian			
1. 3F+2T	Triple Flip+Double Toeloop	9. 2A	Double Axel
2. 3T+3T	Triple Toeloop+Triple Toeloop	10. StSq	Step Sequence
3. 2A	Double Axel	11. ChSq	Choreographic Sequence
4. 3S+2T+2Lo	Triple Salchow+Double Toeloop+Double Loop	12. LSp	Layback Spin
5. 3F	Triple Flip	13.	
6. FCSp	Flying Camel Spin	14.	
7. CCoSp	Change Foot Spin Combo	15.	
8. 3Lo	Triple Loop	16.	
<b>Sofia SAMODUROVA - RUS</b> 16 Coach: T. Mishina, A. Mishin, T. Prokofieva Music: Burlesque soundtrack			
1. 3F+3T	Triple Flip+Triple Toeloop	9. 2A+2T+2Lo	Double Axel+Double Toeloop+Double Loop
2. 3Lz	Triple Lutz	10. ChSq	Choreographic Sequence
3. 3Lo	Triple Loop	11. LSp	Layback Spin
4. StSq	Step Sequence	12. CCoSp	Change Foot Spin Combo
5. FSSp	Flying Sit Spin	13.	
6. 3S	Triple Salchow	14.	
7. 2A+3T	Double Axel+Triple Toeloop	15.	
8. 3F	Triple Flip	16.	

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<b>Satoko MIYAHARA - JPN</b> 17 Coach: Mie Hamada, Yamato Tamura, C. Reed Music: Invierno Porteno			
1. 3S	Triple Salchow	9. ChSq	Choreographic Sequence
2. 3Lz+3T	Triple Lutz+Triple Toeloop	10. 3F+2T+2Lo	Triple Flip+Double Toeloop+Double Loop
3. CCoSp	Change Foot Spin Combo	11. 2A	Double Axel
4. 3Lo	Triple Loop	12. LSp	Layback Spin
5. FCSp	Flying Camel Spin	13.	
6. StSq	Step Sequence	14.	
7. 3Lz	Triple Lutz	15.	
8. 2A+3T	Double Axel+Triple Toeloop	16.	
<b>Rika KIHARA - JPN</b> 18 Coach: M. Hamada, Y. Tamura, H. Okamoto Music: Beautiful Storm by Jennifer Thomas			
1. 3A+3T	Triple Axel+Triple Toeloop	9. 3Lz+2T+2Lo	Triple Lutz+Double Toeloop+Double Loop
2. 3A	Triple Axel	10. FSSp	Flying Sit Spin
3. 3Lo	Triple Loop	11. ChSq	Choreographic Sequence
4. CCoSp	Change Foot Spin Combo	12. 3S	Triple Salchow
5. StSq	Step Sequence	13.	
6. 3Lz+2T	Triple Lutz+Double Toeloop	14.	
7. 3F	Triple Flip	15.	
8. LSp	Layback Spin	16.	
<b>Evgenia MEDVEDEVA - RUS</b> 19 Coach: Brian Orser, Tracey Wilson Music: Mumuki, Sur Regresso Al Amor, Libertango			
1. 3Lz	Triple Lutz	9. 2A	Double Axel
2. 3S+3Lo	Triple Salchow+Triple Loop	10. FCCSp	Flying Change Foot Camel Spin
3. 3F+2T+2T	Triple Flip+Double Toeloop+Double Toeloop	11. StSq	Step Sequence
4. FCSp	Flying Camel Spin	12. CCoSp	Change Foot Spin Combo
5. ChSq	Choreographic Sequence	13.	
6. 3Lo	Triple Loop	14.	
7. 2A+3T	Double Axel+Triple Toeloop	15.	
8. 3F	Triple Flip	16.	
<b>Mariah BELL - USA</b> 20 Coach: Rafael Arutunian Music: The Piano, Experience by L. Einaudi			
1. 2A+3T	Double Axel+Triple Toeloop	9. 3F	Triple Flip
2. 3Lo	Triple Loop	10. 3Lz	Triple Lutz
3. CCoSp	Change Foot Spin Combo	11. ChSq	Choreographic Sequence
4. 3F+2T	Triple Flip+Double Toeloop	12. LSp	Layback Spin
5. FCCoSp	Flying Change Foot Spin Combo	13.	
6. StSq	Step Sequence	14.	
7. 2A	Double Axel	15.	
8. 3Lz+2T+2Lo	Triple Lutz+Double Toeloop+Double Loop	16.	

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<b>Eunsoo LIM - KOR</b> 21 Coach: Rafael Arutunian Music: Chicago (ost) by J. Kander, F. Ebb			
1. 3Lz+3T	Triple Lutz+Triple Toeloop	9. 2A	Double Axel
2. 3Lo	Triple Loop	10. LSp	Layback Spin
3. 2A+3T	Double Axel+Triple Toeloop	11. StSq	Step Sequence
4. CCoSp	Change Foot Spin Combo	12. FCSp	Flying Camel Spin
5. ChSq	Choreographic Sequence	13.	
6. 3Lz	Triple Lutz	14.	
7. 3S+2T+2Lo	Triple Salchow+Double Toeloop+Double Loop	15.	
8. 3F	Triple Flip	16.	
<b>Kaori SAKAMOTO - JPN</b> 22 Coach: Sonoko Nakano, Mitsuko Graham Music: The Piano (soundtrack) by Michael Nyman			
1. 3F+3T	Triple Flip+Triple Toeloop	9. CCoSp	Change Foot Spin Combo
2. 2A	Double Axel	10. ChSq	Choreographic Sequence
3. 3Lz	Triple Lutz	11. 3Lo	Triple Loop
4. FSSp	Flying Sit Spin	12. FCCoSp	Flying Change Foot Spin Combo
5. StSq	Step Sequence	13.	
6. 3S	Triple Salchow	14.	
7. 2A+3T+2T	Double Axel+Triple Toeloop+Double Toeloop	15.	
8. 3F+2T	Triple Flip+Double Toeloop	16.	
<b>Alina ZAGITOVA - RUS</b> 23 Coach: Eteri Tutberidze, Sergei Dudakov Music: Carmen Suite by Rodion Shchedrin			
1. 2A	Double Axel	9. 3F	Triple Flip
2. 3Lz+3T	Triple Lutz+Triple Toeloop	10. CCoSp	Change Foot Spin Combo
3. 3S	Triple Salchow	11. StSq	Step Sequence
4. 2A	Double Axel	12. FCCoSp	Flying Change Foot Spin Combo
5. FCSp	Flying Camel Spin	13.	
6. ChSq	Choreographic Sequence	14.	
7. 3Lz+3Lo	Triple Lutz+Triple Loop	15.	
8. 3F+2T+2Lo	Triple Flip+Double Toeloop+Double Loop	16.	
<b>Elizabet TURSUNBAEVA - KAZ</b> 24 Coach: Eteri Tutberidze Music: Otono Porteno by Astor Piazzolla			
1. 4S	Quad. Salchow	9. 2A+1Eu+3S	Double Axel+Single Euler+Triple Salchow
2. 3Lz	Triple Lutz	10. CCoSp	Change Foot Spin Combo
3. 3F	Triple Flip	11. StSq	Step Sequence
4. 3Lo	Triple Loop	12. FCCoSp	Flying Change Foot Spin Combo
5. FCSp	Flying Camel Spin	13.	
6. ChSq	Choreographic Sequence	14.	
7. 3S+3T	Triple Salchow+Triple Toeloop	15.	
8. 2A+3T	Double Axel+Triple Toeloop	16.	