

- Ladies

Planned Program Content - Check List

As of: 15/11/2018 08:23:54

Yura MATSUDA JPN

SP/SD		Remarks
1	3T+3T Triple Toeloop+Triple Toeloop	
2	3Lo Triple Loop	
3	FCSp Fly. Camel Spin	
4	SSp Sit Spin	
5	StSq Step Sequence	
6	2A Double Axel	
7	CCoSp Change Foot Combination Spin	
8		
9		
10		
FS/FD		Remarks
1	3Lo+2T Triple Loop+Double Toeloop	
2	2A Double Axel	
3	CCoSp Change Foot Combination Spin	
4	3Lo Triple Loop	
5	3S+2T Triple Salchow+Double Toeloop	
6	FCSp Fly. Camel Spin	
7	3T Triple Toeloop	
8	StSq Step Sequence	
9	3S Triple Salchow	
10	2A Double Axel	
11	ChSq Choreo Sequence	
12	FCCoSp Fly. Change Foot Comb. Spin	
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Planned Program Content - Check List

As of: 15/11/2018 08:23:54

Yuna SHIRAIWA JPN

SP/SD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	FSSp Fly. Sit Spin	
3	CCoSp Change Foot Combination Spin	
4	2A Double Axel	
5	StSq Step Sequence	
6	3Lo Triple Loop	
7	CSp Camel Spin	
8		
9		
10		
FS/FD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	2A Double Axel	
3	FSSp Fly. Sit Spin	
4	StSq Step Sequence	
5	3F Triple Flip	
6	2A Double Axel	
7	FCSp Fly. Camel Spin	
8	ChSq Choreo Sequence	
9	3Lz+3T Triple Lutz+Triple Toeloop	
10	3S+2T+2Lo Triple Salchow+Double Toeloop+Double Loop	
11	CCoSp Change Foot Combination Spin	
12	3Lo Triple Loop	
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Planned Program Content - Check List

As of: 15/11/2018 08:23:54

Mako YAMASHITA JPN

SP/SD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	2A Double Axel	
3	FCSp Fly. Camel Spin	
4	SSp Sit Spin	
5	3F Triple Flip	
6	StSq Step Sequence	
7	CCoSp Change Foot Combination Spin	
8		
9		
10		
FS/FD		Remarks
1	3Lz+3T+2T Triple Lutz+Triple Toeloop+Double Toeloop	
2	3F Triple Flip	
3	2A Double Axel	
4	CCoSp Change Foot Combination Spin	
5	ChSq Choreo Sequence	
6	2A Double Axel	
7	FCSp Fly. Camel Spin	
8	3Lz+3T Triple Lutz+Triple Toeloop	
9	3Lo Triple Loop	
10	StSq Step Sequence	
11	3S+2T Triple Salchow+Double Toeloop	
12	FCCoSp Fly. Change Foot Comb. Spin	
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Planned Program Content - Check List

As of: 15/11/2018 08:23:54

Elizabet TURSUNBAEVA KAZ

SP/SD		Remarks
1	3Lz Triple Lutz	
2	2A Double Axel	
3	CCoSp Change Foot Combination Spin	
4	3S+3T Triple Salchow+Triple Toeloop	
5	FCSp Fly. Camel Spin	
6	StSq Step Sequence	
7	LSp Layback Spin	
8		
9		
10		
FS/FD		Remarks
1	3Lz Triple Lutz	
2	3F Triple Flip	
3	2A+2T+2T Double Axel+Double Toeloop+Double Toeloop	
4	3Lo Triple Loop	
5	FCSp Fly. Camel Spin	
6	ChSq Choreo Sequence	
7	3S+3T Triple Salchow+Triple Toeloop	
8	2A+3T Double Axel+Triple Toeloop	
9	3S Triple Salchow	
10	CCoSp Change Foot Combination Spin	
11	StSq Step Sequence	
12	FCCoSp Fly. Change Foot Comb. Spin	
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Planned Program Content - Check List

As of: 15/11/2018 08:23:54

Eunsoo LIM KOR

SP/SD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	FCSp Fly. Camel Spin	
3	StSq Step Sequence	
4	3F Triple Flip	
5	2A Double Axel	
6	LSp Layback Spin	
7	CCoSp Change Foot Combination Spin	
8		
9		
10		
FS/FD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	3Lo Triple Loop	
3	3S Triple Salchow	
4	CCoSp Change Foot Combination Spin	
5	ChSq Choreo Sequence	
6	3Lz+3T Triple Lutz+Triple Toeloop	
7	2A Double Axel	
8	3F+2T+2Lo Triple Flip+Double Toeloop+Double Loop	
9	2A Double Axel	
10	LSp Layback Spin	
11	StSq Step Sequence	
12	FCSp Fly. Camel Spin	
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Planned Program Content - Check List

As of: 15/11/2018 08:23:54

Sofia SAMODUROVA RUS

SP/SD		Remarks
1	3F+3T Triple Flip+Triple Toeloop	
2	FCSp Fly. Camel Spin	
3	StSq Step Sequence	
4	3Lo Triple Loop	
5	2A Double Axel	
6	LSp Layback Spin	
7	CCoSp Change Foot Combination Spin	
8		
9		
10		
FS/FD		Remarks
1	3F+3T Triple Flip+Triple Toeloop	
2	3Lz Triple Lutz	
3	3Lo Triple Loop	
4	StSq Step Sequence	
5	FSSp Fly. Sit Spin	
6	3S Triple Salchow	
7	2A+3T Double Axel+Triple Toeloop	
8	3F Triple Flip	
9	2A+2T+2Lo Double Axel+Double Toeloop+Double Loop	
10	ChSq Choreo Sequence	
11	LSp Layback Spin	
12	CCoSp Change Foot Combination Spin	
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Planned Program Content - Check List

As of: 15/11/2018 08:23:54

Polina TSURSKAYA RUS

SP/SD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	2A Double Axel	
3	FCSp Fly. Camel Spin	
4	3F Triple Flip	
5	CCoSp Change Foot Combination Spin	
6	StSq Step Sequence	
7	LSp Layback Spin	
8		
9		
10		
FS/FD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	3F Triple Flip	
3	2A Double Axel	
4	2A+3T Double Axel+Triple Toeloop	
5	FCSp Fly. Camel Spin	
6	CCoSp Change Foot Combination Spin	
7	ChSq Choreo Sequence	
8	3Lz+2T+2T Triple Lutz+Double Toeloop+Double Toeloop	
9	3Lo Triple Loop	
10	3S Triple Salchow	
11	StSq Step Sequence	
12	LSp Layback Spin	
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Planned Program Content - Check List

As of: 15/11/2018 08:23:54

Alina ZAGITOVA RUS

SP/SD		Remarks
1	3Lz+3Lo Triple Lutz+Triple Loop	
2	FCSp Fly. Camel Spin	
3	StSq Step Sequence	
4	2A Double Axel	
5	LSp Layback Spin	
6	3F Triple Flip	
7	CCoSp Change Foot Combination Spin	
8		
9		
10		
FS/FD		Remarks
1	2A Double Axel	
2	3Lz+3T Triple Lutz+Triple Toeloop	
3	3S Triple Salchow	
4	2A Double Axel	
5	FCSp Fly. Camel Spin	
6	ChSq Choreo Sequence	
7	3Lz+3Lo Triple Lutz+Triple Loop	
8	3F+2T+2Lo Triple Flip+Double Toeloop+Double Loop	
9	3F Triple Flip	
10	CCoSp Change Foot Combination Spin	
11	StSq Step Sequence	
12	FCCoSp Fly. Change Foot Comb. Spin	
13		
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Planned Program Content - Check List

As of: 15/11/2018 08:23:54

Alexia PAGANINI SUI

SP/SD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	3Lo Triple Loop	
3	FCSp Fly. Camel Spin	
4	2A Double Axel	
5	LSp Layback Spin	
6	StSq Step Sequence	
7	CCoSp Change Foot Combination Spin	
8		
9		
10		
FS/FD		Remarks
1	3Lz Triple Lutz	
2	3T+1Eu+3S Triple Toeloop+Single Euler+Triple Salchow	
3	3Lo+2T Triple Loop+Double Toeloop	
4	2A Double Axel	
5	FCCoSp Fly. Change Foot Comb. Spin	
6	ChSq Choreo Sequence	
7	3Lo Triple Loop	
8	3T+2T Triple Toeloop+Double Toeloop	
9	2A Double Axel	
10	FLSp Fly. Layback Spin	
11	StSq Step Sequence	
12	CCoSp Change Foot Combination Spin	
13		
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16		
17		
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Planned Program Content - Check List

As of: 15/11/2018 08:23:54

Gracie GOLD USA

SP/SD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	3F Triple Flip	
3	FCSp Fly. Camel Spin	
4	StSq Step Sequence	
5	2A Double Axel	
6	CCoSp Change Foot Combination Spin	
7	LSp Layback Spin	
8		
9		
10		
FS/FD		Remarks
1	3Lz+3T Triple Lutz+Triple Toeloop	
2	3F Triple Flip	
3	3S Triple Salchow	
4	2A Double Axel	
5	StSq Step Sequence	
6	2A+2T Double Axel+Double Toeloop	
7	3T Triple Toeloop	
8	3S+2T+2T Triple Salchow+Double Toeloop+Double Toeloop	
9	FCCoSp Fly. Change Foot Comb. Spin	
10	ChSq Choreo Sequence	
11	CCoSp Change Foot Combination Spin	
12	LSp Layback Spin	
13		
14		
15		
16		
17		
18		