

- Ladies

Planned Program Content - Check List

As of: 05/12/2018 06:56:54

Rika KIHIRA JPN

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

Planned Program Content - Check List

As of: 05/12/2018 06:56:54

Satoko MIYAHARA JPN

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

- Ladies

Planned Program Content - Check List

As of: 05/12/2018 06:56:54

Kaori SAKAMOTO JPN

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

- Ladies

Planned Program Content - Check List

As of: 05/12/2018 06:56:54

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	
13		
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- Ladies

Planned Program Content - Check List

As of: 05/12/2018 06:56:54

Elizaveta TUKTAMYSHEVA RUS

SP/SD		Remarks
1	3A Triple Axel	
2	3T+3T Triple Toeloop+Triple Toeloop	
3	FSSp Fly. Sit Spin	
4	LSp Layback Spin	
5	3Lz Triple Lutz	
6	StSq Step Sequence	
7	CCoSp Change Foot Combination Spin	
8		
9		
10		
FS/FD		Remarks
1	3A Triple Axel	
2	3Lz+3T Triple Lutz+Triple Toeloop	
3	3F Triple Flip	
4	3S+2A Triple Salchow+Double Axel	
5	LSp Layback Spin	
6	StSq Step Sequence	
7	2A+3T Double Axel+Triple Toeloop	
8	3Lz Triple Lutz	
9	3Lo Triple Loop	
10	ChSq Choreo Sequence	
11	FSSp Fly. Sit Spin	
12	CCoSp Change Foot Combination Spin	
13		
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18		

- Ladies

Planned Program Content - Check List

As of: 05/12/2018 06:56:54

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		
14		
15		
16		
17		
18		