

# Xtreme Ice Skating: Eagle Footwork:

Left

Right



Moving Spins 11.



Moving Spins

(backwards)

Eagle Turn

(backwards)

Eagle Turn

10.

(forward)

R.F. |  
L.F. |

"Transfer"  
(L.F. carried in air)

(R.F. carried  
in air).

L.F. |  
R.F. |

"Transfer"  
(forward)



T-Turn w/ hop  
(a few extra steps) 9.



T-Turn w/ hop  
(a few extra steps)



Basic Reverse  
Apolo's Turn 8.



Basic Reverse  
Apolo's Turn

(forward facing)



Step sideways,  
& Eagle Turn. 7.

(forward facing)



Step sideways,  
& Eagle Turn.



Fast backwards  
crossovers 6.



Fast backwards  
crossovers



Moving Spin  
(1 rotation) 5.

(no delay)



Basic Reverse  
Apolo's Turn 4.

(no delay)



Moving Spin  
(1 rotation)



Basic Reverse  
Apolo's Turn

(forward facing)



Pivot forward 3.

(forward facing)



Pivot forward



Fast backwards  
crossovers 2.



Fast backwards  
crossovers



Eagle Turn  
(finish backwards) 1.



Eagle Turn  
(finish backwards)