

Xtreme Ice Skating "Fancy Dance" footwork:

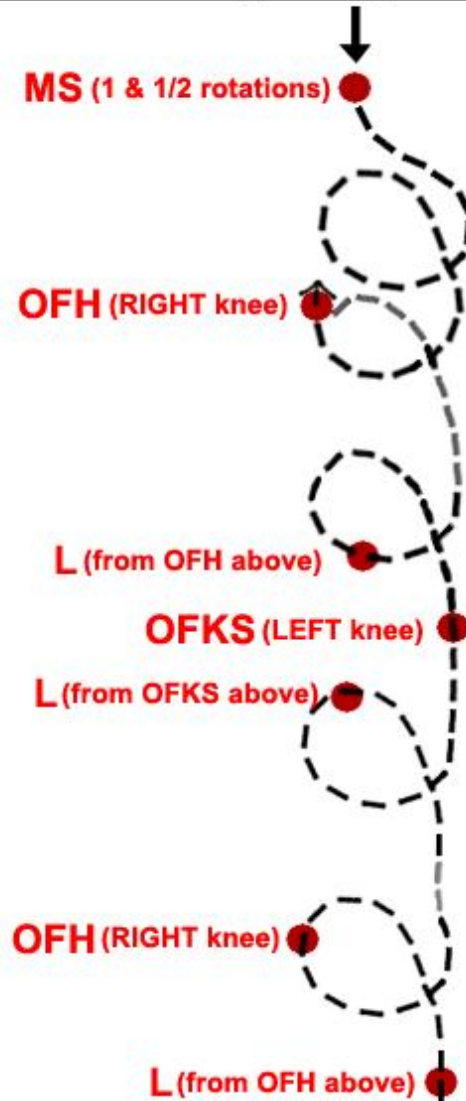
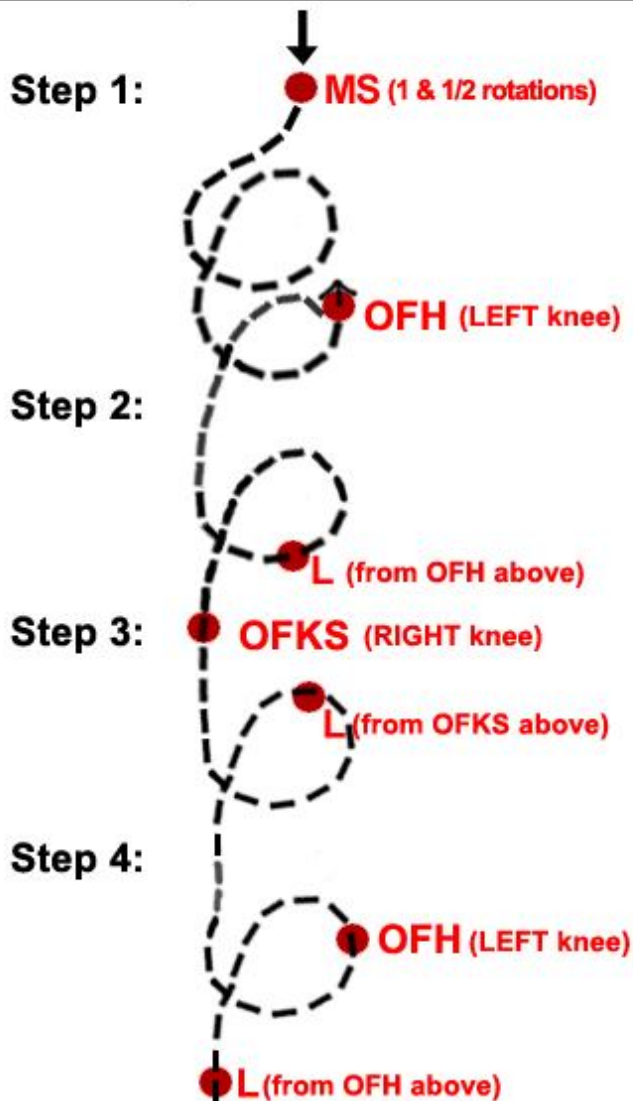
www.XtremeIceSkating.com

Legend:

L = Land (from a hop)
MS = Moving Spins (forward pivoting in circles)
OFH = One Footed Hop
OFKS = One Footed Knee Spin (with knee up)

Spinning LEFT:

Spinning RIGHT:



Repeat process from the beginning, and/or transition and spin the other way.
Follow pattern down the entire rink in as straight a line as possible.