

Xtreme Ice Skating: Kneeslide Footwork:

Left

Right

Moving Spin



(Get up and transition directly into a Moving Spin)

Black Hawk Kneeslide
(put RIGHT knee down)



(Get up and face forward)

1 knee-slide

(right knee)



(face forward and put RIGHT knee down)

Black Hawk Kneeslide
(finish backwards)



(face forward and put RIGHT knee down)

Swing Dance Kick (without turn)



Two-Footed Backwards Turn



Reverse Kneeslide
(finish backwards)

8.

Moving Spin

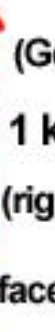


(Get up and transition directly into a Moving Spin)

7.



Black Hawk Kneeslide
(put RIGHT knee down)



(Get up and face forward)

1 knee-slide

(right knee)

(face forward and put RIGHT knee down)

6.



Black Hawk Kneeslide
(finish backwards)

5.

(face forward and put LEFT knee down)

4.



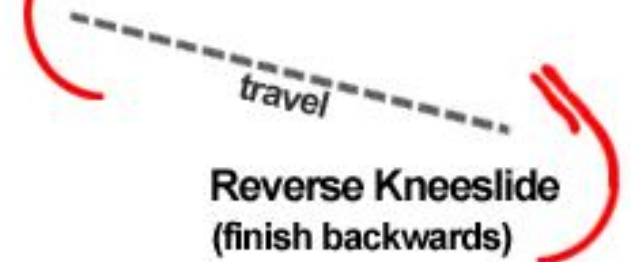
Swing Dance Kick (without turn)

3.



Two-Footed Backwards Turn

2.



1.

Reverse Kneeslide
(finish backwards)