SKILL		PRACTICE DAYS								
Pre-Alpha Swizzles For.										
2 foot glide										
1 foot glide RT										
1 foot Glide LT										
Scooter Pushes										
Back Swizzles										
Back Wiggles										
Dip										
Snowplow Stop										
Spin										
Frog Jump										
Alpha Cross Steps Rt/Lt										
Circle ½ Swizzles Rt/Lt										
Side Lunges & Cross Lunges Rt/Lt										

For. Crossovers Rt.										
For. Crossovers Lt.										
For. Stroking										
Beta **Back X-Over Rt.**										
Back Crossovers-Lt.										
T-Stop Rt/Lt										
Back Stroking										
Back 1 foot glide Rt/Lt										
Back 1 foot glide Rt/Lt										
Gamma **Mohawk Rt.**										
Mohawk Lt.										
Rt. Out. 3-turn										
Lt. Out. 3-turn										
Hockey Stop										
Delta **Bunny Hop**										

Rt. In. 3- turn										
Lt. In. 3-turn										
For. Lunges Rt./ Lt.										
For. Out. Edges										
For. In. Edges										
Waltz Jump										
Delta+/FS1 For. Pivot										
1/2 flip jump										
Back Out. Edges										
Back In. Edges										
Spin 6 Times										
Waltz jump- tap toe-Waltz										
Spirals Rt 10 sec.										
Spirals Lt 10 sec.										
FS 2 Spiral on circle Out. Rt/Lt										

Spiral on circle In. Rt/Lt.										
Ballet Jump										
½ Toe Walley										
½ Lutz Jump										
1 foot Spin 6 times										
Dance step 10-step										
Wall Stretches										
Stroking Laps										