Delta Practice Checklist

1) Right and Left Forward Inside Three Turns

2) Forward Edges (Outside and Inside)

3) Shoot the Duck

4) Lunge

5) Bunny Hop

6) Continue working on crossovers forward and backward

7) Continue working on Stroking and T-Stops

8) Continue working on crossovers both forward and backward

9) Begin working on two foot spin and waltz jump from FS1

10) Practice competition programs if you have them!

Coaches additions: -

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