FS 1 Practice Checklist

Begin with warming up stroking, 3-turns, crossovers, and edges

1) **Forward Inside Pivot**
2) **Two-Foot Spin**
3) **Forward Arabesque**
4) **Backward Outside and Inside Edges**
5) **Half-Flip**
6) **Waltz Jump**
7) **Begin working on one foot spin and ballet jump from FS 2**
8) **Practice competition programs if you have them!**

Coaches additions: -

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