FS 2 Practice Checklist

Begin with warming up stroking, edges, turn turns, and crossovers

1) **Ballet Jump**

2) **One-Foot Spin**

3) **Two Forward Arabesques**

4) **Half-Lutz**

5) **Waltz Jump, Tap Top, 3 turn or mohawk, half flip combo**

6) **Dance Step**

7) **Continue working on previous jumps/spins**

8) **Begin working on FS 3 elements if you know them**

9) **Practice competition programs if you have them!**

Coaches additions: -

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