**OZO Winter Cup 2018**

**Ozolnieki**

**ELEMENTS A**

*Skating with music 1 min 30 sek. +/- 10 sek. (* ***blocks order can be changed , elements order inside the blocks can’t be changed****).*

# Elements A 2012 and younger

1. Step sequence circle/diagonally, diferent steps

(example : waltz step, american step, cross overs, mohawks, lunge, three turn etc.)

1. Waltz jump (W), Saļchow (S), from diferent entrance.
2. Basic stroking + Classic Spiral (min. 3 sek.), Basic stroking+ pistol squad,(min.3.sek).
3. Spin (USp) from Entrance (min. 2 rev.)

# Elements A 2011

1.Step sequence circle/diagonally, diferent steps

(example : waltz step, american step, cross overs, mohawks, lunge, three turn etc.)

2.Waltz jump (W), Saļchow (S), from diferent entrance.

3.Basic stroking + Classic Spiral (min. 3 sek.), Basic stroking+ pistol squad,(min.3.sek).

third Spiral position up to free choice; (min.3.sek)

# 4.Spin (USp) from Entrance (min. 2 rev.)

# Elements A 2010

1. 1. Step sequence circle/diagonally, diferent steps

(example : waltz step, american step, cross overs, mohawks, lunge, three turn etc.)

2. Waltz jump (W) Toeloop (T), Saļchow (S), from diferent entrance.

3. Basic stroking + Classic Spiral (min. 3 sek.), Basic stroking+ pistol squad,(min.3.sek). third Spiral position up to free choice; (min.3.sek)

# 4. Every Spin from Entrance (min. 3 rev.)