

Freeskate-Spins

Basic Spins



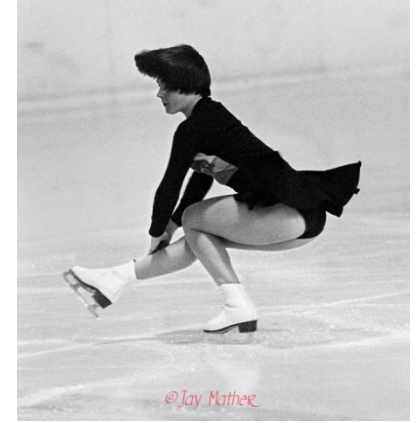
Upright



Backspin



Camel



Sitspin



Layback



Flying Sit



Flying Camel

Spin Combinations

A spin combination is one or more spin put together to create one spin with different positions.

Variations



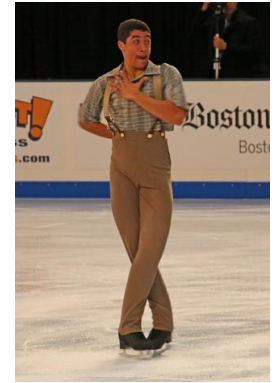
Cannon



Turtle/Pancake



Broken Leg



Crossfoot

(free leg goes over or under skating leg)



Y-Spin



Hair Cutter



Grab/Biellmann



Donut

Program Spins

Any spins that have been included in your program that have not been shown on the posters.