

# FREE SKATING

## Planned Program Content

<b>1 Myriane SAMSON</b>	<b>CAN</b>
Coach: N. Martin, D. Robillard, M. Perron	
Music: Warsaw Concerto by Richard Addinsell	

1: 2A+2A+SEQ	Double Axel+Double Axel+SEQ	9: SpSq	Spiral Sequence
2: 3Lz+2Lo+2Lo	Triple Lutz+Double Loop+Double Loop	10: 3S	Triple Salchow
3: 3F	Triple Flip	11: SISt	Straight Line Step Sequence
4: USp	Upright Spin	12: FSSp	Flying Sit Spin
5: 3S+2Lo	Triple Salchow+Double Loop	13:	
6: 3Lo	Triple Loop	14:	
7: CCoSp	Change Foot Combination Spin	15:	
8: 3Lz	Triple Lutz	16:	

<b>2 Elena GLEBOVA</b>	<b>EST</b>
Coach: A. Levandi	
Music: Carmina Burana by Carl Orff	

1: 2A+3T	Double Axel+Triple Toeloop	9: 3T	Triple Toeloop
2: 3Lo	Triple Loop	10: 3S+2T	Triple Salchow+Double Toeloop
3: CUSp	Change Foot Upright Spin	11: SISt	Straight Line Step Sequence
4: 2A+2T+2T	Double Axel+Double Toeloop+Double Toeloop	12: FSSp	Flying Sit Spin
5: SpSq	Spiral Sequence	13:	
6: 3S	Triple Salchow	14:	
7: 2A	Double Axel	15:	
8: CCoSp	Change Foot Combination Spin	16:	

<b>3 Jenni VAHAMAA</b>	<b>FIN</b>
Coach: V. Horttana	
Music: Westside Story by Leonard Bernstein	

1: 3F+2T	Triple Flip+Double Toeloop	9: FSSp	Flying Sit Spin
2: 3Lz	Triple Lutz	10: 3F+2T+2Lo	Triple Flip+Double Toeloop+Double Loop
3: 3S	Triple Salchow	11: SISt	Straight Line Step Sequence
4: FCSp	Flying Camel Spin	12: CCoSp	Change Foot Combination Spin
5: 2A+2T	Double Axel+Double Toeloop	13:	
6: 3F	Triple Flip	14:	
7: SpSq	Spiral Sequence	15:	
8: 3S	Triple Salchow	16:	

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<b>4 Cynthia PHANEUF</b>	<b>CAN</b>
Coach: A. Barabe, S. Richard	
Music: Mission Cleopatra (Asterix and Obelix)	

1: 3T+2A+SEQ	Triple Toeloop+Double Axel+SEQ	9: S1St	Straight Line Step Sequence
2: 3Lz+2T	Triple Lutz+Double Toeloop	10: 3T+2T+2Lo	Triple Toeloop+Double Toeloop+Double Loop
3: 3Lo	Triple Loop	11: CSSp	Change Foot Sit Spin
4: FSSp	Flying Sit Spin	12: CCoSp	Change Foot Combination Spin
5: 3F	Triple Flip	13:	
6: 3S	Triple Salchow	14:	
7: SpSq	Spiral Sequence	15:	
8: 3Lz	Triple Lutz	16:	

<b>5 Nana TAKEDA</b>	<b>JPN</b>
Coach: K. Okajima, H. Yokoya	
Music: Swan Lake by Peter Tchaikovski	

1: 3Lo	Triple Loop	9: 3T	Triple Toeloop
2: 3S	Triple Salchow	10: 2A+2T+2T	Double Axel+Double Toeloop+Double Toeloop
3: FCoSp	Fly. Combination Spin	11: CiSt	Circular Step Sequence
4: 3F	Triple Flip	12: LSp	Layback Spin
5: CCoSp	Change Foot Combination Spin	13:	
6: SpSq	Spiral Sequence	14:	
7: 2A+3T	Double Axel+Triple Toeloop	15:	
8: 3Lo+2A+SEQ	Triple Loop+Double Axel+SEQ	16:	

<b>6 Carolina KOSTNER</b>	<b>ITA</b>
Coach: M. Huth	
Music: Swan Lake by Peter Tchaikovski	

1: 3F+3T	Triple Flip+Triple Toeloop	9: SpSq	Spiral Sequence
2: 3Lz	Triple Lutz	10: 2A	Double Axel
3: 2F	Double Flip	11: CSSp	Change Foot Sit Spin
4: 3Lo	Triple Loop	12: CiSt	Circular Step Sequence
5: CCoSp	Change Foot Combination Spin	13:	
6: 2A+3T+2Lo	Double Axel+Triple Toeloop+Double Loop	14:	
7: 3S+2Lo	Triple Salchow+Double Loop	15:	
8: FCSp	Flying Camel Spin	16:	

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### 7 Alissa CZISNY

USA

Coach: J. Berlin, L. Leaver, B. Boitano  
Music: Dr. Zhivago (soundtrack) by M. Jarre

1: 3Lz+2T	Triple Lutz+Double Toeloop	9: 2A	Double Axel
2: 3F	Triple Flip	10: CiSt	Circular Step Sequence
3: 3Lo	Triple Loop	11: CCoSp	Change Foot Combination Spin
4: FSSp	Flying Sit Spin	12: LSp	Layback Spin
5: 2A+2T+2T	Double Axel+Double Toeloop+Double Toeloop	13:	
6: 3Lz	Triple Lutz	14:	
7: 3T+3T	Triple Toeloop+Triple Toeloop	15:	
8: SpSq	Spiral Sequence	16:	

### 8 Beatrisa LIANG

USA

Coach: F. Carroll, K. Congemi  
Music: Memoirs of a Geisha (soundtrack)

1: 3Lz+2T	Triple Lutz+Double Toeloop	9: CCoSp	Change Foot Combination Spin
2: 3F	Triple Flip	10: 3T+2T	Triple Toeloop+Double Toeloop
3: 3Lo	Triple Loop	11: SiSt	Straight Line Step Sequence
4: SSp	Sit Spin	12: 2A	Double Axel
5: SpSq	Spiral Sequence	13:	
6: 3Lz	Triple Lutz	14:	
7: FSSp	Flying Sit Spin	15:	
8: 3F+2T+2Lo	Triple Flip+Double Toeloop+Double Loop	16:	

### 9 Jenna MCCORKELL

GBR

Coach: J. Bureiko  
Music: Selection of Music from Cirque du Soleil

1: 2A	Double Axel	9: LSp	Layback Spin
2: 3Lz	Triple Lutz	10: St	Steps
3: 3F+2T	Triple Flip+Double Toeloop	11: 2A+2T	Double Axel+Double Toeloop
4: 3Lo	Triple Loop	12: FSSp	Flying Sit Spin
5: CCoSp	Change Foot Combination Spin	13:	
6: 3T+2T	Triple Toeloop+Double Toeloop	14:	
7: SpSq	Spiral Sequence	15:	
8: 3F	Triple Flip	16:	

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<b>10 Caroline ZHANG</b>	<b>USA</b>
Coach: M. Li, S. Holmes	
Music: Sleeping Beauty by Peter Tchaikovski	

1: 3F+3T	Triple Flip+Triple Toeloop	9: 3S	Triple Salchow
2: 3Lz+2T	Triple Lutz+Double Toeloop	10: 3Lo+2T+2Lo	Triple Loop+Double Toeloop+Double Loop
3: 2A	Double Axel	11: FSSp	Flying Sit Spin
4: CCoSp	Change Foot Combination Spin	12: LSp	Layback Spin
5: SpSq	Spiral Sequence	13:	
6: 3F	Triple Flip	14:	
7: 3Lo	Triple Loop	15:	
8: SiSt	Straight Line Step Sequence	16:	

<b>11 Fumie SUGURI</b>	<b>JPN</b>
Coach: N. Morozov, S. Leonovitch	
Music: Otonal by Raul di Blasio	

1: 3Lz+2T+2Lo	Triple Lutz+Double Toeloop+Double Loop	9: 2A+2A+SEQ	Double Axel+Double Axel+SEQ
2: 3F	Triple Flip	10: CCoSp	Change Foot Combination Spin
3: 3S	Triple Salchow	11: SiSt	Straight Line Step Sequence
4: CCSp	Change Foot Camel Spin	12: FSSp	Flying Sit Spin
5: SpSq	Spiral Sequence	13:	
6: 3Lz	Triple Lutz	14:	
7: 3T	Triple Toeloop	15:	
8: 3F+2T	Triple Flip+Double Toeloop	16:	

<b>12 Joannie ROCHETTE</b>	<b>CAN</b>
Coach: M. Perron, N. Martin	
Music: Concierto de Aranjuez by J. Rodrigo	

1: 3Lz+2T+2Lo	Triple Lutz+Double Toeloop+Double Loop	9: SpSq	Spiral Sequence
2: 3F	Triple Flip	10: 2A+2A+SEQ	Double Axel+Double Axel+SEQ
3: 3Lo	Triple Loop	11: 3S	Triple Salchow
4: FSSp	Flying Sit Spin	12: CCoSp	Change Foot Combination Spin
5: USp	Upright Spin	13:	
6: 3Lz	Triple Lutz	14:	
7: 3T+3S+SEQ	Triple Toeloop+Triple Salchow+SEQ	15:	
8: St	Steps	16:	

Please Note:

The Planned Program is listed as announced by the skaters/teams and observed during the practice sessions.

Printed: 01.11.2008 12:51:32