

Junior Short Program

This film has been produced to show the start and finish position for each element. The video has been done twice to show the grand jete and illusion on both the right and left leg.

Element 1

Grand Jete—R Leg: Start facing the left oblique with arms in a low V and a R. Tendu
Grand Jete—L leg: Start facing the right oblique with arms in a low V and a L. Tendu

Element 2

One spin blind—Start facing the front with arms in a low V and a R. Tendu

Element 3

Four elbow layout—Start facing the front with arms in a low V and a R. Tendu

Element 4

Back neck roll—Start facing the left oblique with arms in a low V and a L Tendu

Element 5

Horizontal 1 ½ to R—Start facing front R arm out from shoulder L. Tendu Pull up into 5th position sous sous

Element 6

Contact Material—Start facing the Left side arms in low V and a R Tendu

Element 7

Right Reverse Illusion—Start facing front with arms in a low V and a R Tendu
Left Reverse Illusion—Start facing front with arms in a low V and a L Tendu

Element 8

Vertical two spin catch left—start facing front with arms in a low V and a R Tendu