

Snowplow Sam 1	<ul style="list-style-type: none"> . Sit & stand up with skates on: off ice . Sit and stand up: on ice . March in place . March forward (8-10 steps) . March, then glide on 2 feet . Dip in place
Snowplow Sam 2	<ul style="list-style-type: none"> . March followed by a long glide . Dip while moving . Backward wiggles (6 in a row) . Fwd 2-foot swizzles (2-3 in a row) . Rocking horse: one forward, one backward swizzle action . 2-foot hop in place
Snowplow Sam 3	<ul style="list-style-type: none"> . Fwd skating (8-10 steps) . Forward one-foot glide (R&L) . Forward swizzles (4-6 in a row) . Backward swizzles (4-6 in a row) . Forward snowplow stop with skid . Curves
Basic Eights 1	<ul style="list-style-type: none"> . Sit on ice and stand up . March forward across the ice . Forward 2-foot glide . Dip . Forward swizzles (6-8 in a row) . Backward wiggles (6-8 in a row) . Snowplow stop . Rocking horse (2-3) . 2-foot hop in place (optional)
Basic Eights 2	<ul style="list-style-type: none"> . Forward 1-foot glides (R&L) . Backward 2-foot glide . Backward swizzles (6-8 in a row) . 2-foot turn from fwd to back in place . Moving snowplow stop . Fwd alternating 1/2 swizzle pumps, in a straight line (slalom-like pattern)
Basic Eights 3	<ul style="list-style-type: none"> . Fwd stroking, showing correct use of blade . Fwd 1/2 swizzle pumps on a circle (6-8 consecutive, CW & CCW) . Moving fwd to backward 2-foot turn (CCW & CW) . Backward 1-foot glides (R&L) . Forward slalom . 2-foot spin (up to 2 revolutions)
Basic Eights 4	<ul style="list-style-type: none"> . FO edge on a circle (R&L) . FI edge on a circle (R&L) . Forward crossovers (CW & CCW) . FO 3-turn from stand-still (R&L) . Back 1/2 swizzle pumps on a circle (CW & CCW) . Backward stroking . Backward snowplow stop (R&L)
Basic Eights 5	<ul style="list-style-type: none"> . BO edge on a circle (R&L) . BI edge on a circle (R&L) . Backward crossovers (CW & CCW) . Beginning 1-foot spin (up to 3 rev, optional entry & freefoot positions) . Hockey stop . Side toe hop (both directions)
Basic Eights 6	<ul style="list-style-type: none"> . FI 3-turn from a standstill (R&L) . Moving backward to forward 2-foot turn on a circle (CW & CCW) . T-stop (R or L) . Bunny hop . Forward arabesque / spiral straight line (R or L) . Forward lunge (R or L)
Basic Eights 7	<ul style="list-style-type: none"> . FI open mohawk from a standstill position (R to L and L to R) . BO edge to FO edge transition on a circle (R&L) . Ballet jump (R or L) . Back crossovers to a BO edge glide (landing position) (CW & CCW) . FI pivots (R or L)
Basic Eights 8	<ul style="list-style-type: none"> . Moving FO 3-turn on a circle (R&L) . Moving FI 3-turn on a circle (R&L) . Combination move: 2 forward crossovers, FI mohawk, cross-behind, step into back XO, step to FI edge (repeat 3 times CW & CCW) . One foot upright spin (optional entry & freefoot position) . Waltz jump . Mazurka (R or L)

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