

SHOW TRICKS with CRAIG HEATH

Future Show Performers,

Here is a great list of show tricks you should either work on improving or add to your current skating repertoire. Remember that unique and different tricks will help you stand out from other skaters and land that starring role you desire!

Butterfly, Tap Butterfly, Traveling Butterflies
Illusions, Illusion Spin
Stars
Death drop
Hydro blades (There are many different versions)
Spread Eagles and Ina Bauers
Barrel Rolls
Falling Leaf
Stag Jump
Split Jumps (Regular and Russian)
Hitch Kick
Aerial (this is like a flying cartwheel)
Back flip
Knee Slides
Cool Transitions
Spirals (all kinds of spirals and especially flexible ones)
Skid Spiral
Unique Spins
Flexibility Spins
Edge Spins
Jumps with Arm Variations
Jumps on Small Surfaces
Fan Loop
Tuck Axel
Delayed Axel
Cartwheel
Candelloro jumps (where you squat and jump with both feet
In front of you)
Inverted Illusion
High Kicks

Traveling Sit Spins
Charlotte
Windmill back Camel spin
Forward and back scratch spins with hands over head
Jumps from Spread Eagles and Ina Bauers
Shoot the duck with hands on the ice
The "Car"
Leap Frogs with a partner(s)
Pull through with a partner(s)
Death Spiral with a partner
Death Spiral with hand on the ice
Skating with props
Split Flip or Lutz
Pair lifts
Acrobat tricks
Tumbling- Forward/Backward
Gymnastic tricks if trained
Back -hand springs with spikes on hands
Traveling butterflies with a partner(s)
Butt Spins on the ice-Comedy
The Worm
Inside Axel