

## **'Spin to Win' with Craig Heath**

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Spinning is an art form that must be practiced. For many years spinning was underrated in the skating world. People loved watching it, but the judges had no way of really scoring it properly. Now with the new judging system, all that has changed and spinning has made a dramatic comeback! I was very fortunate as a child to happen to have a spin teacher at the rink I started skating at. She would emphasize how important spins were and how hard you had to work to get them better. I was a good little student and worked on spins for the twenty minutes per day that she recommended. The better my spins got, the more I wanted to work on them. The more I worked on them, the better they got, etc. I started to be known for my spins and that made me want to work on them even more. I would seek out advice from every spin coach that I could find. I was hooked. Now, I want to inspire you to Spin to Win!

The following list is just a guide to help you to remember to work on all the different spins. Not all the spins are included on this list. Keep this list in your skating notebook and refer to it on a daily basis so that you remember to work on all the different spins and add any spins that are not included. Be sure to also work on your program combination spins too.

Spins to work on:

- Back scratch- arms up and arms down
- Back scratch on inside edge (to help your forward inside camel spin)
- Forward scratch-arms up and arms down
- Forward scratch on outside edge (to help your outside edges sit spin and camel)
- Headless spin
- One foot spin with knee up (I call this the flamingo spin)
- Two foot spin
- Turtle (both feet)
- Cross Foot Spin (upright)
- Sit Spin
- Outside Edge Sit Spin
- Flying Sit spin
- Back Sit Spin with back inside edge entry
- Flying Back Sit Spin
- Flying Change Sit Spin
- Inverted arms sit spin
- Butterfly into back sit
- Stars into tap butterfly back Sit
- Traveling Sit Spin
- Head on knee sit spin (Cannon ball or Fratianne) (forward and backward)
- Victory Spin (both sides)
- Sasha Cohen (Straight leg grab and pull up)
- Death Drop
- Death drop to Butterfly back sit

- Broken leg sit spin on forward and back
  - Eggbeater
  - Pancake Spin (Forward and Back)
  - Arm variations
  - Camel Spin
  - Outside Edge Camel Spin
  - Back Camel Spin (using back entry)
  - Traveling inside three turns into back camel
  - Back Inside Edge Camel Spin
  - Back inside Edge Camel bending the knee and grabbing the foot (into doughnut)
  - Forward Camel into Doughnut
  - Back Camel into Doughnut
  - Inverted Camel (looking up)
  - Inverted Back Camel
  - Inverted Back Camel on inside Edge
  - Flying Camel
  - Traveling Camel (also change to outside edge)
  - Traveling back Camel (also change to inside edge)
  - Butterfly into back Camel
  - Stars into tap butterfly back Camel
  - Leg Grab Camel
  - Outside edge leg grab camel
  - Grab bent knee Camel variation
  - Arms Variations on the camel and back camel
  - Lay back Spin
  - Leg in-layback
  - Leg out-layback
  - Catch Camel
  - Backspin grab foot with bent leg and bring it up to ear (like Sasha Cohen spin)
  - Flying lay back
  - Side layback
  - Back layback
  - Arms variations
  - Hair cutter
  - Pearl
  - Bielman
  - Back Bielman
  - Forward outside edge Bielman
  - Illusion Spin
  - Upright back wrap around Spin
  - A-Frame Spin-forward and back
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- Short Program Combo

- Long Program Comb
- Add your own spins here..