

title: figure skating

Do you know how to figure skate if you don't I will teach you how to. Ask your mom or dad then when your mom finds a coach you will start lessons with your coach it is very fun there are spirals How you do that is 1 leg is gliding on the ice the other is up very high in the air behind you there is also lunges How you do that is you have one of your legs on the side of the skates boot the other ^{leg's} knee is bent another move is a bunny hop ~~that~~ you do that is one leg swings forward ~~and~~ ^{is} another move is a foot spin your foot is toe picked in the ice then swing your arms and spin. Another is a swizzle Both of your feet are angled out the abo oth of them at the same time Make ~~to~~ half circle another one is

PUMP your on a circle and start doing little half circles around the circle. listen to your coach and he-she will tell you exactly what to do so listen to him-her talk. be good during your lesson and don't fool around! if you practice a program try to remember it so if your coach if he does not remember it he won't have to change it most two important rule during figure skating is 1. be good and mature. 2. Have fun. it dose not always have to be like a competition mostly have as much fun as you can if you do figure skating remember everything I wrote so you know some things about figure skating. there is also synchro thats were you do group skating thats fun usually thers 4-10 people in a group I hope you know more about figure skat from this.