

PLEASE VERIFY / UPDATE / CONFIRM

ISU GP NHK Trophy 2019

Pairs

Planned Program Content - Check List

Kirsten MOORE-TOWERS / Michael MARINARO - CAN

SP/RD	Remarks
1 3Tw Triple Twist	
2 3LoTh Throw Triple Loop	
3 BiDs Backward Inside Death Spiral	
4 3T Triple Toeloop	
5 5ALi Group 5 Axel Lasso Lift	
6 CCoSp Change Foot Combo Spin	
7 StSq Step Sequence	
8	

FS/FD	Remarks
1 3Tw Triple Twist	
2 3S+3T+3T Triple Salchow+Triple Toeloop+Triple Toeloop	
3 3LoTh Throw Triple Loop	
4 4Li Group 4 Lift	
5 PCoSp Pair Combination Spin	
6 3T Triple Toeloop	
7 BoDs Backward Outside Death Spiral	
8 ChSq Choreographic Sequence	
9 3STh Throw Triple Salchow	
10 5RLi Group 5 Reverse Lasso Lift	
11 5ALi Group 5 Axel Lasso Lift	
12	
13	
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Pairs

Planned Program Content - Check List

Wenjing SUI / Cong HAN - CHN

SP/RD			Remarks
1	3T	Triple Toeloop	
2	3FTh	Throw Triple Flip	
3	3Tw	Triple Twist	
4	StSq	Step Sequence	
5	BiDs	Backward Inside Death Spiral	
6	CCoSp	Change Foot Combo Spin	
7	5RLi	Group 5 Reverse Lasso Lift	
8			

FS/FD			Remarks
1	3Tw	Triple Twist	
2	3T+2T	Triple Toeloop+Double Toeloop	
3	3STh	Throw Triple Salchow	
4	BoDs	Backward Outside Death Spiral	
5	PCoSp	Pair Combination Spin	
6	3S	Triple Salchow	
7	5ALi	Group 5 Axel Lasso Lift	
8	3FTh	Throw Triple Flip	
9	ChSq	Choreographic Sequence	
10	5RLi	Group 5 Reverse Lasso Lift	
11	3Li	Group 3 Lift	
12			
13			
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15			
16			

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Pairs

Planned Program Content - Check List

Nicole DELLA MONICA / Matteo GUARISE - ITA

SP/RD	Remarks
1 3S Triple Salchow	
2 3Tw Triple Twist	
3 3LoTh Throw Triple Loop	
4 5ALi Group 5 Axel Lasso Lift	
5 BiDs Backward Inside Death Spiral	
6 StSq Step Sequence	
7 FCCoSp Flying Change Foot Combo Spin	
8	

FS/FD	Remarks
1 3S Triple Salchow	
2 3Tw Triple Twist	
3 3LoTh Throw Triple Loop	
4 FiDs Forward Inside Death Spiral	
5 3T+2T Triple Toeloop+Double Toeloop	
6 5RLi Group 5 Reverse Lasso Lift	
7 ChSq Choreographic Sequence	
8 3STh Throw Triple Salchow	
9 5ALi Group 5 Axel Lasso Lift	
10 4Li Group 4 Lift	
11 PCoSp Pair Combination Spin	
12	
13	
14	
15	
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Pairs

Planned Program Content - Check List

Riku MIURA / Ryuichi KIHARA - JPN

SP/RD	Remarks
1 3Tw Triple Twist	
2 3LzTh Throw Triple Lutz	
3 5RLi Group 5 Reverse Lasso Lift	
4 3T Triple Toeloop	
5 FCCoSp Flying Change Foot Combo Spin	
6 StSq Step Sequence	
7 BiDs Backward Inside Death Spiral	
8	

FS/FD	Remarks
1 3Tw Triple Twist	
2 3T+2T+2T Triple Toeloop+Double Toeloop+Double Toeloop	
3 5ALi Group 5 Axel Lasso Lift	
4 3LzTh Throw Triple Lutz	
5 PCoSp Pair Combination Spin	
6 5RLi Group 5 Reverse Lasso Lift	
7 3STh Throw Triple Salchow	
8 2A Double Axel	
9 FiDs Forward Inside Death Spiral	
10 4Li Group 4 Lift	
11 ChSq Choreographic Sequence	
12	
13	
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15	
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Pairs

Planned Program Content - Check List

Alisa EFIMOVA / Alexander KOROVIN - RUS

SP/RD	Remarks
1 3Tw Triple Twist	
2 3S Triple Salchow	
3 3LoTh Throw Triple Loop	
4 5ALi Group 5 Axel Lasso Lift	
5 FCCoSp Flying Change Foot Combo Spin	
6 StSq Step Sequence	
7 BiDs Backward Inside Death Spiral	
8	

FS/FD	Remarks
1 3Tw Triple Twist	
2 3T Triple Toeloop	
3 3S+1Eu+2S Triple Salchow+Single Euler+Double Salchow	
4 3LoTh Throw Triple Loop	
5 ChSq Choreographic Sequence	
6 5ALi Group 5 Axel Lasso Lift	
7 3STh Throw Triple Salchow	
8 5RLi Group 5 Reverse Lasso Lift	
9 BoDs Backward Outside Death Spiral	
10 PCoSp Pair Combination Spin	
11 3Li Group 3 Lift	
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13	
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Pairs

Planned Program Content - Check List

Anastasia MISHINA / Aleksandr GALLIAMOV - RUS

SP/RD	Remarks
1 3Tw Triple Twist	
2 3FTh Throw Triple Flip	
3 3S Triple Salchow	
4 5RLi Group 5 Reverse Lasso Lift	
5 StSq Step Sequence	
6 FCCoSp Flying Change Foot Combo Spin	
7 BiDs Backward Inside Death Spiral	
8	

FS/FD	Remarks
1 3Tw Triple Twist	
2 3FTh Throw Triple Flip	
3 3S+1Eu+3S Triple Salchow+Single Euler+Triple Salchow	
4 3T Triple Toeloop	
5 5RLi Group 5 Reverse Lasso Lift	
6 ChSq Choreographic Sequence	
7 4Li Group 4 Lift	
8 5BLi Group 5 Backward Lasso Lift	
9 3LoTh Throw Triple Loop	
10 BoDs Backward Outside Death Spiral	
11 PCoSp Pair Combination Spin	
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13	
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ISU GP NHK Trophy 2019

Pairs

Planned Program Content - Check List

Tarah KAYNE / Danny O'SHEA - USA

SP/RD	Remarks
1 3Tw Triple Twist	
2 3S Triple Salchow	
3 BiDs Backward Inside Death Spiral	
4 3LoTh Throw Triple Loop	
5 CCoSp Change Foot Combo Spin	
6 StSq Step Sequence	
7 5RLi Group 5 Reverse Lasso Lift	
8	

FS/FD	Remarks
1 3Tw Triple Twist	
2 3S+2T+2T Triple Salchow+Double Toeloop+Double Toeloop	
3 2A Double Axel	
4 4Li Group 4 Lift	
5 3STh Throw Triple Salchow	
6 FiDs Forward Inside Death Spiral	
7 PCoSp Pair Combination Spin	
8 ChSq Choreographic Sequence	
9 3LzTh Throw Triple Lutz	
10 5RLi Group 5 Reverse Lasso Lift	
11 5ALi Group 5 Axel Lasso Lift	
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Pairs

Planned Program Content - Check List

Alexa SCIMECA KNIERIM / Chris KNIERIM - USA

SP/RD	Remarks
1 3Tw Triple Twist	
2 3T Triple Toeloop	
3 CCoSp Change Foot Combo Spin	
4 StSq Step Sequence	
5 3FTh Throw Triple Flip	
6 5ALi Group 5 Axel Lasso Lift	
7 BiDs Backward Inside Death Spiral	
8	

FS/FD	Remarks
1 3Tw Triple Twist	
2 3T+2T Triple Toeloop+Double Toeloop	
3 BoDs Backward Outside Death Spiral	
4 3S Triple Salchow	
5 5RLi Group 5 Reverse Lasso Lift	
6 3FTh Throw Triple Flip	
7 3LzTh Throw Triple Lutz	
8 3Li Group 3 Lift	
9 ChSq Choreographic Sequence	
10 5ALi Group 5 Axel Lasso Lift	
11 PCoSp Pair Combination Spin	
12	
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