

5 Ways to Work on & Improve your StSq

1 Memorize all Steps, Movements, & Pattern

- Know each step, turn, and transition so well that you can do it naturally
 - Add the arms and body movement into the step sequence fully
- Pay attention to the pattern & ice coverage; make it consistent and strong

2 Develop the Quality of Each Turn & Step

- Take sections of the step sequence & practice them in detail
- Work with video feedback to get a true sense of the quality of each movement
- Deepen your edges, play with your speed, explore your power & edge control

3 Integrate it Fully with the Music

- Explore the music & connect to the meaning of the program
- Use the Step Sequence to express the section of the program enhanced by the steps
- Integrate the timing, rhythm, & expression required to truly connect with the music

4 Own it & Personalize it

- Personalize the Step Sequence with your own individual vibe
- Allow yourself to interpret the music, movement, & meaning in your own way
 - Make it a personal experience for you and own the art of each step & turn

5 Perform your Footwork

- Go beyond the practice of the footwork and allow yourself to perform it
 - Let the StSq be a standalone piece of art within your program
- Result: Perform all the your layers of work when you perform StSq in the routine