

Snowplow Sam 1

- A. Sit & stand up with skates on: off ice
- B. Sit & stand up with skates on: on ice
- C. March in place
- D. March forward: 8-10 steps
- E. March, then glide on two feet
- F. Dip in place

Snowplow Sam 2

- A. March followed by a long glide
- B. Dip while moving
- C. Backward wiggles: 6 in a row
- D. Forward two-foot swizzles: 2-3 in a row
- E. Rocking horse: one forward, one backward, swizzle action
- F. Two-foot hop in place

Snowplow Sam 3

- A. Forward skating: 8-10 steps
- B. Forward one-foot glide: R & L
- C. Forward swizzles: 4-6 in a row
- D. Backward swizzles: 4-6 in a row
- E. Forward snowplow stop with skid
- F. Curves