

**SNOWPLOW SAM 1**

- A Sit and stand up with skates on (off-ice)
- B Sit and stand up (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 walking, toes turned inward, shifting weight (4-6 steps)
- D Backward wiggles (6 in a row)
- E Forward swizzles (2-3 in a row)
- F Beginning snowplow stop motion, in place or holding onto barrier
- G Two-foot hop, in place (optional)

**SNOWPLOW SAM 3**

- A Forward skating (8-10 steps)
- B Forward one-foot glide, one time skater's height (R and L)
- C Forward swizzles (4-6 in a row)
- D Backward two-foot glide E Backward swizzles (2-3 in a row)
- F Moving forward snowplow stop (1 or 2 feet)
- G Curves

**SNOWPLOW SAM 4**

- A Forward skating
- B Advanced one-foot glide, two times skater's height
- C Backward swizzles (4-6 in a row)
- D Rocking horse – one forward, one backward swizzle, repeat twice
- E Two-foot turns in place - forward to backward (both directions)
- F Two-foot hop in place