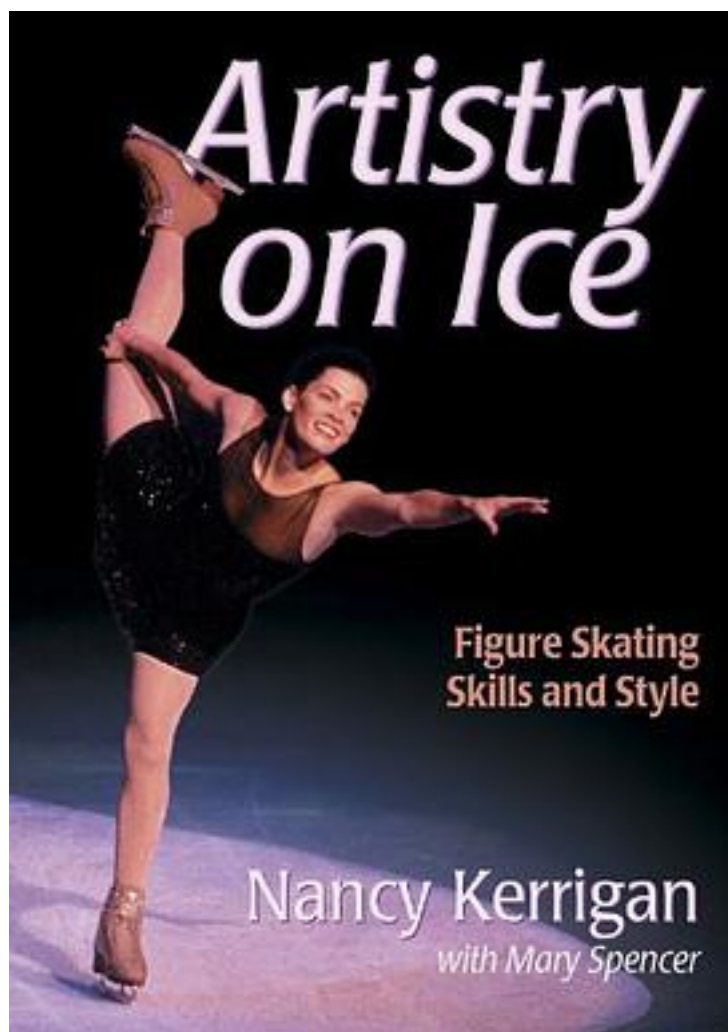


Artistry on Ice



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著者:Kerrigan, Nancy/ Spencer, Mary

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In this guide, 1994 Olympic silver medallist Nancy Kerrigan shares her knowledge with

serious figure skaters who aspire to compete at the highest levels. From body alignment and effective routine elements, to refining footwork and artistic expression, this book offers serious skaters an in-depth guide to the sport. After a quick review of the basics, Kerrigan concentrates on more advanced techniques for jumps, spins, moves in the field, technical ice dancing, pairs and synchronized skating. Four chapters are devoted solely to competition, covering the music, choreography, costumes and other elements.

作者介绍:

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