Slowing down the action

It was the coldest the ice ever was. My fingers were bright red and numb. I was testing a jump called the waltz jump. My body shook and my teeth chattered. My eyes narrowed toward the judge. I shifted all my weight to right foot. Then I pushed off on the side of my skate blade with my free foot. I kicked my foot up and jumped high into the air. I could feel the wind in my ears. Then I did a half resolution in the air and landed with my right foot extended a little off the ice.