

PART B

1-4 DIAM TRN SCAR;;;:

1-4 Fwd L,-, sd R, bk L; Bk R,-, sd L, fwd R; Fwd L,-, sd R, bk L;
Bk R,-, sd L, fwd R SCAR DLW;

5-8 X HVR SCP; WEV SCP;; MANUV;

5-8 XLif,-, sd & fwd R rise, fwd & sd L (W XRib,-, sd & bk L rise & trn,
fwd & sd R) SCP DLC; Fwd R,-, fwd L trn, sd & bk R; Bk L,-, bk R trn,
sd & fwd R SCP DLW; (W Fwd L,-, sd R trn, sd & fwd L; Fwd R,-,
fwd L trn, sd & fwd R;) Fwd R trn,-, sd L, cl R (W Fwd L,-, sd R, cl L) CP RLOD;

9-12 BK & RUN 2; OUTSD CK; BK FTHR; FTHR FIN DLW;

9-10 Bk L,-, bk R, bk L; Bk R,-, sd & fwd L, ck fwd R CBMP DRW
(W Fwd L trn,-, sd & bk R, ck bk L);
11-12 Bk L,-, bk R, bk L CP DRW; Bk R,-, sd & fwd L, XRif (W Fwd L trng,-,
sd & bk R, bk L) CBMP DLW;

13-16 FWD RUN 2; DEVELOPE; OUTSD SWVL; PU;

13- 16 Fwd L,-, fwd R, fwd L; Fwd R ck,-,-,-; (W Bk L,-, R ft up, extend R ft;)
Bk L,-, XRif no weight,-; (W Fwd R,-, swvl no weight,-) SCP LOD
Fwd R,-, sd L, cl R (Fwd L trn,-, sd R, cl L) SCAR LOD;
NOTE: 2nd time thru ends in CP LOD

END

1-4 DIAM TRN ½;; QK DIAM 4; DIP BK REC;

1-4 Repeat meas 1-2 PART B;; Fwd L, sd R, bk L, bk R; Bk L,-, rec R CP LOD,-;

**5-8 HVR TELE; THRU CHASSE SCP; THRU PROM SWAY;
CHG OF SWAY;**

5-8 Fwd L,-, sd & fwd R rise & trn, fwd L (W Bk R,-, sd & bk L rise & trn,
fwd R) SCP LOD; Thru R trn,-, sd L/cl R, sd L; Thru R,-, sd & fwd L trn,
relax knee; No weight change, stretch body & trn head toward RLOD,-,-,-;