INTRODUCTION

1-2 LOW BFLY WAIT ; ;
1-2] In low BFLY M fcg WALL ld ft free for both wait ; ;

PART A

1-4 BOTH HANDS UNDERARM TURN ; OPEN BREAK ; CHANGE SIDES ; OPEN BASIC [FC RLOD] ;
SQQ 1] Raise both hnds sd L bring trlg hnds thru, - , XRIB (XLIF trng ½ RF) both hnds go over W's head , rec L
with hnds crossed L over R (Rec R to fc ptr) ;
SQQ 2] Keep hnds crossed L over R sd R, - , sm rk apt L, rec R ;
SQQ 3] Fwd L to W's R sd raise both hnds trng ½ RF, - , sd R, XLIF (Fwd R trng ½ LF under jnd hnds, - , sd L, XRIF) ;
SQQ 4] Sd R, - , trng to ½ OP XLIB, rec R end in ½ OP fcg RLOD ;
5-8 MAN SWITCH ; FWD & RUN 2 TWICE ; ; LADY SWITCH ;
SQQ 5] XIF of W sd L to ½ OP, - , fwd R, fwd L (fwd R, - , fwd L, fwd R) ;
SQQ 6] Fwd R, - , fwd L, fwd R ;
SQQ 7] Fwd L, - , fwd R, fwd L ;
SQQ 8] Fwd R, - , fwd L, fwd R to fc (XIF of M sd L to ½ OP, - , fwd R, fwd L) end in BFLY COH ;
9-12 BFLY [COH] LUNGE BASIC with INSIDE ROLL ; LUNGE BASIC with MANUVER ;
RT TURN with OUTSIDE ROLL ; TUNNEL EXIT FC LOD ;
SQQ 9] Lunge sd L, - , rec R ldg W into LF trn, XLIF (Lunge sd R, - , rec L trn ½ LF, cont LF bnk R trng ½) ;
SQQ 10] Lunge sd R, - , rec L to CP, XRIF to fc DLC ;
SQQ 11] Sd & bk L fc LOD, - , cont RF trn sd & bk R fc WALL ld W undr jnd ld hnds, XLIF to fc ptr
(Fwd R comm RF twrl under jnd ld hnds, - , sd L cont RF twrl, fwd & sd R to fc ptr) ;
SQQ 12] Sd R comm LF trn chkg leading W into lariat, - , cont LF trn rec L jnd hnds over M's head, sm chk bk R to fc
LOD (Fwd L around M, - , fwd L fc RLOD) end LOP LOD ;
13-16 OUTSIDE ROLL ; BASIC ENDING with PICKUP ; LEFT TURN with INSIDE ROLL ; BASIC ENDING BFLY ;
SQQ 13] Shaping twd ptr XLIF bringing jnd hnds down & bk, - , sd & fwd R bringing hnds up & around leading W to roll
RF, XLIF (Fwd R comm RF trn, - , bk L trng ½ RF under jnd hnds, trng ¼ RF to fc ptr) ;
SQQ 14] Sd R, - , XLIB, rec R end in CP DRC ;
SQQ 15] Comm LF trn sd & fwd L fc DRW, - , cont LF trn sd R brng ld hnds thru, XLIF to fc ptr & WALL
(Bk R trng LF, - , cont LF trn sd & bk L, cont LF trn bk & sd R) ;
SQQ 16] Sd R, - , XLIB, rec R end in BFLY WALL ;

REPEAT PART A

PART B

1-8 OPEN BASIC 2 X ; ; THE SQUARE ; ; ; ; OPEN BASIC 2 X ; ;
SQQ 1] Sd L trn ¼ RF op body to L ½ OP, - , XRIB, rec L ;
SQQ 2] Trn ¼ LF sd R cont LF trn op body to ½ OP, - , XLIB, rec R [fcg LOD] ;
SQQ 3] With switch action M XIF of W sd L twd wall, - , trn RF shaping to ptr sd & fwd R twd COH in L ½ OP, XLIF
(Fwd R, - , shaping twd ptr sd & fwd L twd COH, XRIF) ;
SQQ 4] Fwd R, - , shaping twd ptr sd & fwd L twd RLOD, XRIF
(With switch action XIF of M sd L twd LOD, - , trn RF shaping twd ptr sd & fdw R RLOD in ½ OP, XLIF) ;
SQQ 5] M XIF of W sd L twd COH, - , trn RF shaping twd ptr sd & fdw R to wall in L ½ OP, XLIF
(Fwd R, - , to wall sd & lshaping twd ptr, XRIF) ;
SQQ 6] Fwd R, - , sd & fwd L shaping twd ptr twd LOD, XRIF (XIF of M sd L twd wall, - , sd & fdw LOD in ½ OP, XLIF) ;
SQQ 7] Trng RF sd L trn ¼ RF op body to L ½ OP, - , XRIB, rec L ;
SQQ 8] Trn LF sd R cont LF trn op body to ½ OP, - , XLIB, rec R to BFLY WALL ;
9-12 UNDERARM TURN ; BASIC ENDING TO CP ; TRAVELING RIGHT TURN ; OUTSIDE ROLL ;
SQQ 9] Trng RF to loose CP sd L raising ld hnds, -, XRIB (XLIF trng ½ RF), rec L (Rec R to fc ptr);
SQQ 10] Sd R, - , XLIB, rec R end in CP WALL ;
SQQ 11] Trn RF crossing in frnt of W sd & bk L fc RLOD, -, XRIB, twist trn RF 5/8 on both ft to fc DLW & shift weight bk onto L chkg (Fwd R btm M's ft, - , trng RF fwd L around M, fwd R) end in CP M fcg DLW ;
SQQ 12] Fwd R trng slight RF to fc wall raising jnd ld hnds to ld W into RF trn, - , sd L, XRIF (Bk L comm RF trn under jnd ld hnds, -, cont RF trn fwd R trng ½, cont RF trn bk L trng ¼ to fc ptr) ;

13-16 [CP]TWISTY BASIC TWICE ; ; UNDERARM TURN TO BFLY * [2ND TIME TO CP] ; SD DRAW TOUCH ;
SQQ 13] Sd L, - , XRIB, rec L to fc (Sd R, - , XLIF, rec R) ;
SQQ 14] Sd R, - , XLIB, rec R to fc (Sd L, - , XRIF, rec L) ;
SQQ 15] Sd L raising ld hnds, - , XRIB (XLIF trng ½ RF), rec L (Rec R to fc ptr) BFLY WALL [*2ND Time to CP ] ;
SQQ 16] Sd R, - , draw L to R, tch L to R ;

PART C

1-4 SIDE BASIC ; SWEETHEART WRAP LADY IN 2 ; SWEETHEART RUNS TWICE ; ;
SQQ(SS) 1] Sd L, - , XRIB, rec L ;
SQQ 2] Sd R, - , XLIF, trn LF cl R (Sd L, - , XRIF trng ½ LF, - ) end fcg DLW in wrapped position;
SQQ 3] Fwd L, - , fwd R, fwd L (Fwd L, - , fwd R, fwd L ) ;
SQQ 4] Fwd R, - , fwd L, fwd R (Fwd R, - , fwd L, fwd R ) ;

5-8 ROLL LADY ACROSS TO SHADOW COH ; LUNGE BASIC ;
LUNGE BASIC LADY FC IN 2 ; BASIC ENDING with PICKUP ;
SQQ 5] Sm fwd L ldg W across, - , sm fwd R trng to fc COH, XLIF (Comm LF trn fwd L , - , cont LF trn sd R spin to fc COH, XLIF ) ;
SQQ 6] Lunge sd R extend both arms out to sds look RLOD, - , rec L, brng arms in XRIF look COH ;
SQQ 7] Lunge sd L extend both arms out & look LOD, - rec R, brng arms in to CP XLIF (Lunge sd L , - , rec R trng RF to fc ptr; -) ;
SQQ 8] Sd R, - , XLIB, rec R comm LF trn brng W in frnt to CP DRC ;

9-12 TRIPLE TRAVELER ; ; ; BASIC ENDING PICKUP TO LOW BFLY ;
SQQ 9] Fwd L trn to fc DRW, - , cont LF trn sd & fwd R brng ld hnds thru, XLIF (Bk R trng LF , - , cont LF trn sd & bk L, cont LF trn bk & sd R) keeping hnds high ;
SQQ 10] Fwd R spiral LF undr jnd hnds, - , fwd L, fwd R (Trng to fc RLOD fwd L , - , fwd R , fwd L) brng hnds to shldr level ;
SQQ 11] Fwd L bringing jnd hnds down & bk, - , fwd L, fwd R (Trng to fc RLOD fwd L , - , fwd R , fwd L) brng hnds to shldr level ;
SQQ 12] BFLY WALL sd R, - ,XLIB, rec R brng W in frnt to low BFLY DLW ;

13-16 TRAVELING CROSS CHASSES ; ; TWICE ; FC WALL ;
SQQ 13] Trng LF fwd L DLC blending to R shldr ld , - , sd & fwd R DLW, XLIF (Bk R blend to L shldr lead , - , bk & sd L DLW, XRIF ) ;
SQQ 14] Trng RF Fwd R DLW blending to L shldr ld , - , sd & fwd L DLC, XRIF (Bk L blend to R shldr lead, - , bk & sd R DLC, XLIF ) ;
SQQ 15] Repeat meas. 13 -14 end fcg WALL in BFLY ; ;

REPEAT PART B TO CP

ENDING

1-4 TWISTY BASIC TWICE ; ; UNDERARM TURN TO CP ; SD DRAW TOUCH & HOLD ;
SQQ 1] Repeat meas. 13 of Part B ;
SQQ 2] Repeat meas. 14 of Part B ;
SQQ 3] Repeat meas. 15 of Part B ending in CP WALL ;
SQQ 4] Repeat meas. 16 of Part B ;

5-8 SLOW SWAY LF ; SLOW SWAY RT ; SD TO PROM SWAY ; CHANGE TO OVERSWAY ;
S--- 4] Sd L letting the body slowly follow , , ;
S--- 5] Sd R letting the body slowly follow , , ;
S--- 6] Sd & fwd L to SCP stretching the R sd look over ld hnds relax L knee, . , ;
---- 7] Without changing weight, change to L sd stretch looking RDW
A BIRD WITHOUT WINGS

PHASE IV + 2 + 3 SLOW TWO STEP
(TRIPLE TRAVELER, CHANGE OF SWAY)
(THE SQUARE, TUNNEL EXIT, TRAVELING RIGHT TURN)

INTRO: LOW BFLY WALL LD FT FREE WAIT ;

A:  BOTH HANDS UNDERARM TURN ; OPEN BREAK ;
CHANGE SIDES [COH] ; OPEN BASIC [RLOD] ;
MAN SWITCH ; FWD & RUN 2 TWICE ; ; LADY SWITCH ;
[COH] BFLY LUNGE BASIC WITH INSIDE ROLL ; LUNGE BASIC ;
MANUVER RT TURN WITH OUTSIDE ROLL ; TUNNEL EXIT FC LOD ;
OUTSIDE ROLL ; BASIC END ;
PICKUP LEFT TURN WITH INSIDE ROLL ; BASIC END TO BFLY [WALL] ;

A:  BOTH HANDS UNDERARM TURN ; OPEN BREAK ;
CHANGE SIDES ; OPEN BASIC ;
MAN SWITCH ; FWD & RUN 2 2 X ; ; LADY SWITCH ;
BFLY LUNGE BASIC WITH INSD ROLL ; LUNGE BASIC ;
MANUVER RT TURN WITH OUTSIDE ROLL ; TUNNEL EXIT FC LOD ;
OUTSIDE ROLL ; BASIC END ;
PICKUP LEFT TURN WITH INSIDE ROLL ; BASIC END ;

B:  OPEN BASIC 2 X ; ; THE SQUARE ; ; ; ; OPEN BASIC 2 X ; TO FC ;
UNDERARM TURN ; BASIC END ; TRAVELING RT TURN ; OUTSIDE ROLL ;
TWISTY BASIC 2 X ; ; UNDERARM TURN TO BFLY ; SD DRAW TCH ;

C:  SIDE BASIC ; SWEETHEART WRAP LADY IN 2 ; SWEETHEART RUNS TWICE ; ;
ROLL LADY ACROSS TO SHADOW COH ; LUNGE BASIC [WITH ARMS] ;
LUNGE BASIC LADY FC IN 2 ; BASIC END ;
PICKUP TRIPLE TRAVELER ; ; ; ; BASIC END ;
PICKUP LOW BFLY TRAVELING CROSS CHASSES ; ; 2 X FC WALL ; ;

B:  OPEN BASIC 2 X ; ; THE SQUARE ; ; ; ; OPEN BASIC 2 X ; ;
UNDERARM TURN ; BASIC END ; TRAVELING RT TURN ; OUTSIDE ROLL ;
TWISTY BASIC 2 X ; ; UNDERARM TURN TO CP ; SD DRAW TCH ;

END:  TWISTY BASIC 2 X ; ; UNDERARM TURN TO CP ; SD DRAW TCH & HOLD ;
SLOW SWAY LF ; SLOW SWAY RT ;
SD TO PROM SWAY ; CHANGE TO OVERSWAY ;

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