INTRO

1-4 Wait pkup notes & 2 Meas::  CIRC AWY & TOG::
1-4 in V BK-TO-BKL, wait pkup notes & 2 meas::circ awy fwd WALL fwd L, fwd R, fwd L,:: circ tog fwd R, fwd L, fwd R, to BFY WALL;

PART A

1-4 BAS:: SHLDR TO SHLDR in 4; SHLDR TO SHLDR;
1-4 in BFY WALL fwd L, rec R, sd L,:: bk R, rec L, sd R,:: rk fwd L (W rk bk R) to BFY SCAR, rec R to fc, sd L, rec R,:: rk fwd L (W rk bk R) to BFY SCAR, rec R to fc, sd L,;

5-8 SHLDR TO SHLDR in 4; SHLDR TO SHLDR; CHS W/ UNDER PASS;;
5-6 rk fwd R (W rk bk L) to BFY BJO, rec L to fc, sd R,:: rec L,:: rk fwd R (W rk bk L) to BFY BJO, rec L to fc, sd R,::

7-8 fwr L comm 1/2 RF tm keeping lead hndns jnd, rec fwd R, fwr L (W bk R keeping lead hndns jnd, rec L, fwr R tng M's L sd),:: bk R raising jnd lead
hnds, rec L,:: sd R, (W fwr L, fwr R, fwr M's L, sd),::)

9-12 BAS:: SHLDR TO SHLDR in 4; SHLDR TO SHLDR; CHS W/ UNDER PASS;;
9-12 repeat meas 1-4 of PART A;;

13-16 SHLDR TO SHLDR in 4; SHLDR TO SHLDR; CHS W/ UNDER PASS;;
13-16 repeat meas 5-8 of PART A end in BFY WALL;::

PART B

1-4 NY; THRU SERPIENTE; FNC LIN;
1-4 swvl thru L to LOP RLOD, rec R to fc, PTR, sd L,:: thru R, sd R, LXRIB, fan L, XLIB, sd R, thru L, fan R, x lunge thru R bent knee, rec L, sd R,::

5-8 CRAB WKS;; FNC LIN; CRAB WK3;
5-8 XLIF, sd R, XRIF,:: sd R, XRIF,:: lunge thru L bent knee, rec R, sd L,:: XRIF, sd L, XRIF,::

9 CUCA in 4;
9 sd L, rec R, cl L, rec R;

Mod A

1-4 BAS:: SHLDR TO SHLDR in 4; SHLDR TO SHLDR;

5-8 SHLDR TO SHLDR in 4; SHLDR TO SHLDR; CHS W/ UNDER PASS;;
5-8 in BFY WALL, repeat meas 1-8 of PART A;;

9-11 CHS W/ UNDER PASS;; NY in 4;
9-11 repeat meas 15-16 of PART A to BFY WALL;:: swvl thru L to LOP RLOD, rec R to fc, sd L, rec R;

PART C

1-4 NY; AIDA; RK 3; PROG WK 3;
1-4 in BFY WALL, repeat meas 1 of PART B; fwr R trng RF,:: sd L, cont RF, tm, bk R,:: to V bk-to-bk, RLOD,:: bk L, rec R,:: L,:: fwr R, fwr L,:: fwr R,

5-8 AIDA; RK 3; CIRC AWY & TOG;;
5-8 fwr L, tm L,:: fwr R,:: fwr L,:: to V BK-TO-BK LOD,:: bk R, rec L,:: bm R,:: to INTRO to BFY WALL;

9 NY IN 4;
9 repeat maes 11 of mod PART A;

END

1-4 BAS:: NY; AIDA;
1-4 in BFY WALL, repeat meas 1-2 of PART A; repeat meas 1-2 of PART C;

5-7 RK 3; PROG WK 3; AIDA & HOLD;
5-7 repeat 3-5 of PART C end in V BK-TO-BK LOD & hold