**INTRODUCTION**

1-4  OP-FCG WALL wt 2 meas ;

1-2  OP-FCG WALL wt ;

<table>
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<th>APT PT ; TOG to BFLY TCH</th>
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1-4½  [OP-FCG WALL – **APT PT & TOG to BFLY TCH**] Apt L, Pt R twd ptr ,• ; Tog R , Tch L , Blend to BFLY ;

**PART A**

1-16  **WZ AWY & TOG ; ; BAL L & R ; ;**

1-2  [BFLY WALL – **WZ AWY & TOG**] Fwd L trng away from ptr , Fwd R to fc LOD , Cl L ; Fwd R trng RF to fc ptr , Sd L , Cl R ;

3-4  [BFLY WALL – **BAL L & R**] Sd L , XRIB , In place L ; Sd R , XLIB , In place R ;

2 SOLO WZ TRNS in 6 ; ; TWRL VIN 3 ; PKUP SD CL ;

5-6  [BFLY WALL – **2 SOLO WZ TRNS in 6**] Sd & Fwd L trng LF (W RF) , Sd R continue trn , Cl L to fin ¾ trn fchg R LOD ; Bk R trng LF (W RF) , Sd L fin trn to fc ptr , Cl R ;

7-8  [BFLY WALL – **TWRL VIN 3 & PKUP SD CL**] Sd L , XRIB , Sd L (W Undr joined ld hnds Sd & Fwd R trng RF , Sd & Bk L continue trn , Sd R end fchg ptr) ; Small Fwd R trng slightly RF , Small Sd L , Cl R end CP LOD (W Fwd L trng LF moving in-front of M , Small Sd R fin trn end fchg R LOD in front of M , Cl L) ;

2 L TRNS to WALL ; ; DIP BK ; MANUV ;

9-10  [CP LOD – **2 L TRNS to WALL**] Fwd L start LF upper body trn , Sd & Bk R continue LF trn , Cl L ; Bk R start LF upper body trn , Sd & Bk L continue LF trn , Cl R ;

11-12  [CP WALL – **DIP BK & MANUV**] Bk L relax L knee , • , • ; Fwd R trng RF , Sd L continue RF trn , Cl R (W Bk L trng RF , Sd R continue RF trn , Cl L) ;

2 R TRNS to WALL ; ; TWRL VIN 3 ; PKU P SD CL to SCAR ;

13-14  [CP RLOD – **2 R TRNS to WALL**] Bk L start trn RF , Sd R twd LOD continue RF trn , Cl L ; Fwd R start RF trn , Sd L twd LOD continue RF trn , Cl L ;

15-16  [CP WALL – **TWRL VIN 3 & PKUP SD CL to SCAR**] Sd L , XRIB , Sd L (W Undr joined ld hnds Sd & Fwd R trng RF , Sd & Bk L continue trn , Sd R end fchg ptr) ; Small Fwd R , Small Sd L trng slightly RF , Cl R Blend to SCAR DLW (W Fwd L trng LF , Small Sd R fin trn to end on M’s L Sd fchg DRC , Cl L) ;

**PART B**

1-16  **3 PROG TWKLS to BJO ; ; FWD & TCH ;**

1-3  [SCAR DLW – **3 PROG TWKLS to BJO**] Fwd L outsd ptr , Fwd & Sd R trng slightly LF , Cl L to BJO ; Fwd R outsd ptr , Fwd & Sd L trng slightly RF , Cl R to SCAR ; Fwd L outsd ptr , Fwd & Sd R trng slightly RF , Cl L to BJO ;

4  [BJO DLW – **FWD & TCH**] Fwd R , Tch L next to R , • ;

3 BK PROG TWKLS to SCAR ; ; ; BK & TCH to CP LOD ;

5-7  [BJO DLW – **3 BK PROG TWKLS to SCAR**] Bk L , Bk & Sd R trng slightly RF , Cl L to SCAR ; Bk R , Bk & Sd L trng slightly LF , Cl R to BJO ; Bk L , Bk & Sd R trng slightly RF , Cl L to SCAR ;

8  [SCAR DLW – **BK & TCH to CP LOD**] Bk R , Tch L next to R , Blend to CP LOD ;

DIP BK ; MANUV ; 1 R TRN to FC LOD ; FWD WZ ;

9-10  [CP LOD – **DIP BK & MANUV**] Bk L relax L knee , • , • ; Fwd R trng RF , Sd L continue RF trn , Cl R (W Bk L trng RF , Sd R continue RF trn , Cl L) ;

11-12  [CP RLOD – **1 R TRN to FC LOD & FWD WZ**] Bk L trn RF , Sd R continue RF trn , Cl L end fchg DLC ; Fwd R trng slightly RF to fc LOD , Fwd L , Cl R ;

2 L TRNS to BFLY WALL ; ; CANTER TWICE ; ;

13-14  [CP LOD – **2 L TRNS to BFLY WALL**] Fwd L start LF upper body trn , Sd & Bk R continue LF trn , Cl L ; Bk R start LF upper body trn , Sd & Bk L continue LF trn , Cl R ;

15-16  [BFLY WALL – **CANTER TWICE**] Sd L , Draw R to L , Cl R ; Sd L , Draw R to L , Cl R ;
1-5 ROLL 3 ;  THRU FC CL to BFLY ; V IN 6 ; ;
  1-2 [BFLY WALL – ROLL 3 & THRU FC CL to BFLY] Fwd L trng LF ; Sd R trng ¼ LF to fc COH ; Bk L trng ¼ LF to fc ptr (W Fwd R trng RF , Sd L trng ¼ RF to fc WALL , Bk R trng ¼ RF to fc ptr) ; Thru R , Sd L to fc ptr , Cl R Blend to BFLY ;
  3-4 [BFLY WALL – V IN 6] Sd L ; XRIB , Sd L ; XRIF , Sd L , XRIB ;
 APT PT ;
  5 [BFLY WALL – APT PT] Apt L , Pt R twd ptr , - ;

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HOW LONG HAS IT BEEN
QUICK CUES

Intro:  OP-FCG WALL wt 2 meas ; ;
       APT PT ; TOG to BFLY TCH ;

Pt A:  WZ AWY & TOG ; ; BAL L & R ; ;
       2 SOLO WZ TRNS in 6 ; ; TWRL VIN 3 ; PKUP SD CL ;
       2 L TRNS to WALL ; ; DIP BK ; MANUV ;
       2 R TRNS to WALL ; ; TWRL VIN 3 ; PKU P SD CL to SCAR ;

Pt B:  3 PROG TWKLS to BJO ; ; ; FWD & TCH ;
       3 BK PROG TWKLS to SCAR ; ; ; BK & TCH to CP LOD ;
       DIP BK ; MANUV ; 1 R TRN to FC LOD ; FWD WZ ;
       2 L TRNS to BFLY WALL ; ; CANTER TWICE ; ;

Pt A:  WZ AWY & TOG ; ; BAL L & R ; ;
       2 SOLO WZ TRNS in 6 ; ; TWRL VIN 3 ; PKUP SD CL ;
       2 L TRNS to WALL ; ; DIP BK ; MANUV ;
       2 R TRNS to WALL ; ; TWRL VIN 3 ; PKU P SD CL to SCAR ;

Pt B:  3 PROG TWKLS to BJO ; ; ; FWD & TCH ;
       3 BK PROG TWKLS to SCAR ; ; ; BK & TCH to CP LOD ;
       DIP BK ; MANUV ; 1 R TRN to FC LOD ; FWD WZ ;
       2 L TRNS to BFLY WALL ; ; CANTER TWICE ; ;

End:  ROLL 3 ;  THRU FC CL to BFLY ; V IN 6 ; ;
       APT PT ;