INTRO

1-4  WAIT 1;  THRU HOVER TWICE;  THRU, SIDE, BEHIND;
1-4  In OP FCG M fcd DLW both with trl ft free wait 1 meas;  Thru R, sd & fwd L trn RF to LOP RLOD, rec R;
     Thru L, sd & fwd R trn LF to OP LOD, rec L;  Thru R, sd L to low BFLY WALL, XRib of L;

5-8  ROLL 3;  THRU, FACE, CLOSE;  OPEN VINE 3;  PICKUP, SIDE, CLOSE;
5-8  Sd & fwd L comm LF roll, crl R keep trng, sd & fwd L to OP LOD;  Fwd R, sd L to BFLY, cl R;  Sd L trn RF to LOP RLOD, bk R trn LF to fc ptr, sd & fwd L trn to OP LOD;  Sm fwd R, sd & fwd L comm LF trn, cl R to CP LOD;

PART A

1-4  OPEN REVERSE TURN;  HOVER CORTE;  OUTSIDE SPIN;  MANEUVER;
1-2  Fwd L comm LF trn, fwr d R keep trng LF, bk L to CBJO DRC;  Bk R, sd & fwd L twd DLW trn LF, rec bk R to CBJO DLW;
3-4  Sm bk L rotate upper body RF, fwr d R keep trng RF, sd & bk L ckg in CP DLW;  Fwd R, sd & fwd L trn RF, cl R to CP RLOD;  [W(3):  Fwd R outsdl ptr comm RF trn, sd & bk L arnd ptr keep trng, fwr d R btw ptr’s feet;]

5-8  PIVOT TO HAIRPIN;  NATURAL PREPARATION;  SAME FOOT LUNGE;  PROGRESSIVE WING EXIT;
5-6  Bk L pivot ½ RF, fwr d R strong RF crv, fwr d L keep crv upper body rotates even more to prep outsdl ptr/fwd R outsdl ptr ck in BJO DRW;  Bk L comm RF trn, bring R undr body no wgt comp trn to CP COH, hold pos;
7-8  Sd & fwr d R trn DLW, hold pos, hold pos;  Rec L, draw R undr body rotate frame LF, hook R bhd L in SCAR DRW;  [W(7-8):  Sd & bk L, ple R well undr body, pt fwd L;  Take wgt on L, fwr d R crv LF, fwr d L cont LF crv & ck in SCAR;]

9-12  CROSS HOVER TO BJO;  OPEN NATURAL;  BACK, BACK/LOCK, BACK;  IMPETUS TO SCP;
9-10  Fwd L outsdl ptr, sd & fwr d R trn LF, rec L to BJO DLW;  Fwd R outsdl ptr comm RF trn, sd & fwr d L keep trng, bk R to BJO RLOD;
11-12 Bk L, bk R/kl Lf of R, bk R;  Bk L comm RF trn, crl R heel trn, fwr d L in SCP DL;

13-16  FWD HOVER LADY TURNS BJO;  BACK HOVER;  CURVED FEATHER CHECK;  HESTITATION CHANGE;
13-14  Fwr d R, fwr d L, rec R to BJO DCL;  Bk L, bk R, rec L to BJO DCL;
     [W(13-14):  Fwd L comm LF trn, sd & bk R trn to fc ptr, rec L;  Fwd R, fwr d L, rec R;]
15-16  Fwr d R comm RF crv, fwr d L cont crv RF, fwr d R in BJO DRW chkt;  Bk L comm RF trn, sd & fwr d R trn RF, draw L to R to CP DCL;

PART B

1-4  TELEMARK TO SCP;  STEP THRU;  LADY KICKS AND PICKUP;  RIGHT LUNGE & ROLL;  REC & SLIP;
1-4  Fwd L, fwr d R strong LF trn [W: heel trn], fwr d L in SCP DLW;  Step thru R, - , cl L to R to CP LOD lower into knee;
     Sd & fwr d R, -, rotate upper body LF;  Rec L, rise bring R undr body no wgt, sm slip bk R;
     [W (2-4):  Step thru L, kick fwr d R, bring R ft down very sm fwr d & across of L take wgt and swvl LF to CP;
     Sd & bk L, -, rotate upper body LF;  Rec R, rise bring L undr body no wgt, sm slip fwr d L;]

5-8  CLOSED TELEMARK;  OPEN NATURAL;  IMPETUS TO SCP;  PICKUP, SIDE, CLOSE;
5-6  Fwd L comm LF trn, sd & bk R strong LF trn [W: heel trn], sd & fwr d L to BJO DLW;  Repeat actions meas 10 Part A;
7-8  Repeat actions meas 12 Part A;  Repeat actions meas 8 of INTRO;

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PART B CONT.

9 - 12 DOUBLE REVERSE SPIN; FWD & CHASSE TO THE RIGHT; OUTSIDE CHANGE TO SCP; CHASSE TO SCP;

9-10 Fwd L comm LF trn, sd R 3/8 LF trn between steps1 and 2, spin up to 1/2 LF between steps 2 and 3 on ball of R bringing L undr body beside R no wgt flexed knees; Fwd L comm LF trn, sd R/cl L, sd & bk R to BJO DRC;

[W (9): Bk R comm LF tr, cl L heel trn ½, sd & bk R/XLif of R;]

11-12 Bk L, bk R to CP comm LF trn, cont LF trn sd & fwd L to SCP LOD; Fwd R, sd & fwd L/cl R, sd & fwd L to SCP LOD;

13 - 16 FWD HOVER LADY TURNS BJO; BACK HOVER; CURVED FEATHER CHECK; HESITATION CHANGE;

13-16 Repeat meas 13-16 of PART A;;;

PART C

1 - 4 REVERSE FALLAWAY & SLIP; OPEN REVERSE TURN; BACK & CHASSE TO THE LEFT; MANEUVER;

1-2 Fwd L comm LF trn, bk R with left sd ld in FALWAY POS ½ LF trn between steps 1 and 2, bk L in CBMP well undr body in Fallback Pos 1/8 trn between steps 2 and 3 body trns less/trng LF slip R toeing in with smll step bk on R cont LF trn 1/4 between steps 3 and 4 flexing into right knee; Repeat actions meas 1 PART A;

[W (1): Bk R, bk L with left sd ld in FALWAY POS, bk R in CBMP well undr body in FALWAY POS 5/8 LF trn on step 3/cont LF trn slip L fwd into CP flexing left knee;]

3-4 Bk R to CP RLOD comm LF trn, sd & fwd L/cl R, sd & fwd L to BJO DLW; Fwd R comm RF trn, sd & fwd L to CP RLOD, cl R;

5 - 8 PIVOT TO HAIRPIN; BACK PASSING CHANGE; BACK & CHASSE TO THE LEFT; PICKUP LADY LOCK;

5-6 Repeat actions meas 5 PART A; Bk L, bk R, bk L;

7-8 Repeat actions meas 3 PART C to SCP DLW; Sm fwd R, sd & fwd L trn LF, cl R to CP LOD;

[W(8): Fwd L, sd & fwd R trn LF to CP, XLif of R;]

9 - 12 VIENNESE TURNS;;;

9-10 Fwd L, sd & fwd R comm LF trn, XLif of R compl LF trn to CP RLOD [W: cl R]; Bk & sd R, comm LF trn sd & fwd L, cl R compl LF trn to CP LOD [W: XLif of R];

11-12 Repeat actions meas 9-10 of Part C;;;

13 - 16 TELEMARK TO SCP; STEP THRU, LADY KICKS AND PICKUP; RIGHT LUNGE & ROLL; REC & SLIP;

13-16 Repeat actions meas 1-4 Part B;;;

END

1 - 2 DOUBLE REVERSE SPIN; STEP FWD & RIGHT LUNGE;

1-2 Repeat actions meas 9 Part B; Step fwd L lower into knee, sd & fwd R, hold pos;