INTRO

BFLY POS WALL LEAD FOOT FREE WAIT ONE MEASURE ;

PART A

01-04 FULL BASIC ; ; LUNGE BASICS Picking Up Low Bfly ; ;
[Full Basic] Sd L, -, XrIb (XlIf), rec L ; Sd R, -, XlIb (XrIb), rec R to BFLY WALL ; [Lunge Basics] Sd L lower into knee & extg lead arm sd, -, rec R, XlIf (W XrIif) ; Sd R lower into knee & extg trail arm sd, -, rec L, XrIif (W XlIif) Picking Up to Low Bfly ;

05-08 TRAVELING CROSS CHASSE 4 TIMES to BFLY WALL ; ; ; ;
[Traveling Cross-Chasse x 4 end to BFLY WALL] Joining both hands low Fwd L trng LF, -, with rt side leading sd R, XlIf (W bk R trng LF, -, with If side leading sd L, XrIif) to DRW ; Fwd R trng RF, -, with If side leading sd L, XrIif (W bk L trng RF, -, with rt side leading sd R, XlIf) to DRC ; Repeat meas 5,6 Part A end to BFLY WALL ; ;

PART B

01-04 UNDERARM TURN ; OPEN BREAK ; CHANGE SIDES /W UNDERARM ; NEW YORKER to Picking Up ;

05-08 LEFT TURN ; REVERSE UNDERARM TURN ; SPOT TURN ; OP BASIC ;
[Left Turn] Fwd L comm LF trn, -, sd R compg ¼ LF trn, XlIf (W bk R comm LF trn, -, sd L trng LF, contg LF trn sd R) to BFLY WALL ; [Reverse Under Arm Turn] Sd R leading W to trn LF under lead hnds, -, XlIf, rec R (W sd L comm LF trn undr jnd ld hnds, -, Xrif to line of prog trng 1/2 LF, rec fwr L contg trn to fc ptr) ; [Spot Trn] Sd R, -, XlIf trn RF ¼, rec R cont RF trn to fc ptr & BFLY WALL ; [OP Basic] Sd L trng to ½ LOP RLOD, -, XrIb (W XlIb), rec L trng to ½ OP LOD ;

09-12 THE SQUARE ; ; ; ;
[The Square] [Like a switch] M Xif of W sd L, -, trng RF to step sd R twd COH in L ½ OP, XlIf (W fwr R, -, sd L twd COH, XrIif starting to Xif of M) ; Fwd R, -, rec L twd RLOD, XrIif starting to Xif of W (W [like a switch] Xif of M sd L, -, trng RF to step sd R twd RLOD in ½ OP, XlIf) ; [Like a switch] M Xif of W sd L, -, trng RF to step sd R twd RLOD in L ½ OP, XlIif (W fwr R, -, sd L twd WALL, XrIif starting to Xif of M) ; Fwd R, -, sd L twd LOD, Xrif (W [like a switch] Xif of M sd L, -, trng RF to step sd R twd LOD in ½ OP, XlI}
PART C

01-04 TRIPLE TRAVELER ; ; ; BASIC ENDING to Manuver ;

[Triple Traveler] Fwd L comm LF trn raisg jnd ld hnds to ld W's LF trn, - , sd R compg ½ LF trn, XLif (W bk R comm LF trn, - , sd L trng LF undr ld hnds, contg LF trn sd R) to LOP LOD ; Fwd R spiral LF undr jnd hnds, - fwd L, fwd R (W f wd L, -, fwd R, fwd L) ; Fwd L bring jnd hnds dw n & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLif (W f wd R comm roll RF undr jnd ld hnds, -, bk L cont roll, fwd R comp Roll to fc ptr) to BFLY COH ; [Basic Ending to Manuver] Sd R, - , XLif, rec R to Manuver ;

05-06 TRAVELING RIGHT TURN w/ OUTSIDE ROLL ; ;

[Traveling Right Turn w/ Outsd Roll] Trng RF Xg in frt ot W sd & bk L to fc LOD, - , XRib, twist trn RF 5/8 on both ft to fc DRW, fwd L to RLOD (W f wd R btw M's ft com RF trn, -, contg RF trn fwd L twd WALL, contg fwd R twd RLOD) to BJO DLW ; Fwd R cont RF trn to fc COH raising jnd ld hnds, - , sd L, XRif (W sd & bk L com RF trn undr jnd ld hnds, -, cont trn RF sd & fwd R, sd L) end in LOP M fcg COH to Picking Up Reverse ;

07-10 TRIPLE TRAVELER ; ; ; BASIC ENDING to Manuver ;

[Triple Traveler] To RLOD Repeat meas 1,2,3 Part C ; ; ; [Basic Ending to Manuver] Repeat meas 4 Part C ;

11-12 TRAVELING RIGHT TURN w/ OUTSIDE ROLL ; ;

[Traveling Right Turn w/ Outsd Roll] Repeat meas 5,6 Part C to ½ OP LOD ; ;

PART D

01-04 4 SWITCHES ; ; ;

[Switches x 4] Sd L Xg in frt of W to ½ LOP, - , fwd R, fwd L (W f wd R, -, fwd L, fwd R com to fold in frt of M) ; Fwd R, - , fwd L, fwd R com to fold in frt of W (W sd L Xg in frt of M to ½-OP, -, fwd R, sm f wd L) to ½ OP LOD ; Repeat meas 1,2 Part D ; ;

05-08 UNDERARM TURN into a LARIAT ; ; OUTSIDE ROLL ; BASIC ENDING to Manuver ;

[Underarm Turn] Sd L raise jnd ld hnds palm-to-palm, - , XRib, rec L (W sd R, -, XLif trng ¾ RF under jnd ld hnds, fwd R cont RF trn to fc M) ; sip R, - , L, R trng ¾ LF to LOD (W f wd L, -, R, L arnd M to LOD) to LOP LOD ; [Outsd Roll] Fwd L comm LF trn, -, sd R cont trn to fc COH, XLif (W f wd R com RF trn undr jnd ld hnds, -, cont RF trn L, R) to BFLY COH ; [Basic Ending to Manuver]) Repeat meas 1,2 Part D ; ;

09-10 RIGHT TURN w/ OUTSIDE ROLL ; BASIC ENDING [2dé TIME: OP BASIC] ;

[Right Trn w/ Outsd Roll] Sd & bk L Xg in frt of W in losse CP, - , raisg jnd ld hnds to ld W's RF trn sd & bk R trng ¾ RF, XLif to fc ptr (W f wd R comm RF twrl undr ld hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr) to BFLY WALL ; [Basic Ending] Repeat meas 4 Part C to BFLY WALL ;

2dé TIME : [OP Basic] Repeat meas 8 Part B ;

ENDING

01-05 TRAVELING CROSS CHASSE 4 TIMES to BFLY WALL ; ; ; LUNGE SIDE & HOLD ;

[Traveling Cross-Chasse x 4 end to BFLY WALL] Repeat meas 5,6,7,8 Part A ; ; ; [Lunge Sd & Extend Arms] Sd & fwd L to LOD w/ soft [flexed] knee and slight LF upper body rotation, - , -, extg both arms to sd ;