INTRO

01-02  LOOSE CP WALL LEAD FOOT FREE WAIT 2 MEASURES ; ;
  {Wait} In loose CP WALL ld ft free wt 2 meas ; ;

PART A

01-04  BASIC to PU in LOW BFLY ; ; TRAVELING CROSS CHASSES TWICE ; ;
  {Basic to PU in Low BFLY} Sd L, -, XRib (XLib), rec L ; Sd R, -, XLib (XRib), rec R [W starting to fold in frt of M to picking-up] in Low BFLY LOD ; {Trav Cross Chasses x 2} Fwd L trng LF, -, with rt side leading sd R, XLib (W bk R trng lf, -, with If side leading sd L, XRib) to DLC ; Fwd R trng RF, -, with If side leading sd L, XRib (W bk L trng rt, -, with rt side leading sd R, XLif) to DLW ;

05-08  TRAVELING CROSS CHASSES TWICE END to FC PTR ; ; OP BASIC TWICE ; ;
  {Trav Cross Chasses x 2 end to Fc Ptr} Repeat meas 3,4 Part A end to BFLY WALL ; ; {OP Basic x 2} Sd L trng to ½ LOP RLOD, -, XRib (W XLib), rec L trng to fc ptr ; Sd R trng to ½ OP LOD, -, XLib (XRib), rec R to Loose CP WALL ;

09-12  BASIC ; ; LUNGE BASIC TWICE ; ;
  {Basic} Repeat meas 1,2 Part A to BFLY WALL ; {Lunge Basic x 2} Sd L lower into knee & extg lead arm sd, -, rec R, XLif (W XRib) ; Sd R lower into knee & extg trail arm sd, -, rec L, XRib (W XLif) to BFLY WALL ;

13-16  SPOT TURN ; REVERSE UNDERARM TURN ; UNDER ARM TURN ; FENCE LINE ;
  {Spot Turn} Sd L, -, XRib trn LF ½, rec L cont LF trn to fc ptr ; {Rev 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 hds, -, XRib to line of prog trng 1/2 LF, rec fwd L contg trn to fc ptr) ; {Under Arm Turn} Sd L leading W to trn RF under jnd lead hnds, -, XRib , rec L (W sd R comm to trn RF undr jnd lead hnds, -, XLif trng 1/2 RF, rec fwd R contg trn to fc ptr) ; {Fence Line} Sd R, -, XLif (W X Rib), rec R to BFLY WALL ;

PART B

01-04  UNDER ARM TURN INTO a RONDE LARIAT ; ; OUTSIDE ROLL ; BASIC ENDING ;
  {Undrm Trn} 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) ; {Ronde Lariat} Blend to CP sd & fwd R between W's feet trn upper body RF to lead W to ronde CW, -, swivel LF on R under raisen jnd hnds to LOP LOD, hold (W sd L ronde R CW, -, XRib, sd & fwd L to fcg LOD) ; {Outsd Roll} Fwd L trn LF tof c ptr, -, sd R, XLif (W fwd R comm roll RF under jnd lead hnds, -, bk L cont roll, fwd R comp Roll to fc ptr) to Loose CP COH ; {Basic Ending} Repeat meas 2 Part A to COH ;

05-08  BASIC / W WRAP to FCG RLOD ; ; SWEETHEART RUNS to FC PTR & COH ; ;
  {Basic/W Wrap to Fcg RLOD} Repeat meas 1 Part A ; Sd R, -, XLib bringing lead hnds over W's head to wrap pos, rec R trn LF (W sd L, -, XRib trng LF undr jnd lead hnds to wrap pos, rec L cont LF trn) to WRAP POS RLOD ; {Sweetheart Runs to Fc Ptr} to RLOD Fwd L, -, fwd R, L ; Fwd R, -, fwd L trng RF to fc ptr leading W to unwrap LF w/ jnd ld hnds, XLif (W fwd R, -, fwd L, R ; fwd L, -, fwd & sd R trng ¾ LF w/ jnd ld hnds, XLif) to BFLY COH ;

09-16  REPEAT MEASURES 01-08 PART B to BFLY WALL ; ; ; ; ; ;
BRIDGE

01-02  TIME STEP TWICE ; ;
  [Time Step x 2] Release hnds Sd L extend both arms to sd, -, XRib (W XLib), rec L ; Sd R extend both arms to sd, -, XLib (W XRib), rec R to BFLY WALL ;

PART C

01-04  OP BASIC TWICE ; ; MAN SWITCH ; OP BASIC & PU to RLOD ;
  [OP Basic x 2] Repeat meas 7,8 Part A ; ; [Man Switch] Sd L Xg in frt of W to ½ LOP, -, fwd R, fwd L (W fwd R, -, L, R) ; [OP Basic to PU] Repeat meas 8 Part A [W starting to fold in frt of M to picking-up] to RLOD ;

05-08  TRIPLE TRAVELER ; ; BASIC ENDING to BFLY WALL ;
  [Triple Traveler] [Twd RLOD] Fwd L comm LF trn raisg jnd Id hnds to Id W's LF trn, -, sd R compg ½ LF trn, XLif (W bk R comm LF trn, -, sd L trng LF undr Id hnds, contg LF trn sd R) to LOP LOD ; Fwd R spiral LF undr jnd hnds, - fwd L, fwd R (W fwd R, -, fwd L, fwd L) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to Id W into RF trn, -, fwd & sd R to fc ptr, XLif (W fwd R comm roll RF under jnd lead hnds, - , bk L cont roll, fwd R comp Roll to fc ptr) to Loose CP WALL ; [Basic Ending to BFLY] Repeat meas 2 Part A to BFLY WALL ;

PART D

01-04  BOTH HANDS UNDER ARM TURN to STACKED HANDS ; OP BREAK ; CHANGE SIDES ; OP BASIC ;
  [Both Hnds Underarm Turn to Stacked Hands] Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L stacked Lft over Rt hnds (W fwd R, -, fwd L rf trn under dbl hd hold, fwd R stacked hands L over R fc ptr) ; [Open Break] With stacked hnds Sd R, -, apt L, rec R ; [Change Sides /W Underarm] Fwd L WALL chg sds lead W trn under stacked hd, -, sd R, XLif dbl hd hold fc COH (W fwd R COH LF trn under stacked hd chg sds, -, sd L, XRIF fc WALL) to Loose CP COH ; [OP Basic] Repeat meas 8 Part A to CP COH ;

05-08  LUNGE BASIC w/ INSIDE ROLL ; BASIC ENDING ; SIDE BASIC ; SPOT TURN to BFLY COH ;
  [Lunge Basic w/ Insd Roll] Sd L lower into knee & extg lead arm sd, -, rise & rec R raise Id hnds, XLif (W sd R lower into knee & extg lead arm sd, -, rise & rec L comm LF trn, cont LF trn fwd R trn to fc ptr) ; [Basic Ending] Repeat meas 2 Part A to Loose CP COH ; [Sd Basic] Repeat meas 1 Part A ; [Spot Trn] Sd R, -, XLif trn RF ½, rec R cont RF trn to fc ptr & BFLY COH ;

09-16  REPEAT MEASURES 01-08 PART D END to Loose CP WALL ; ; ; ; ; ;

ENDING

01-03  BASIC / W WRAP to FCG LOD ; ; TO A X-LINE & HOLD ;
  [Basic / W Wrap to FCG LOD] Repeat meas 5,6 Part B to LOD ; ; [To a X-Line & Hold] Flex R-knee extend L-sd twd COH w/ sway to L looking L (W Flex L-knee extend R-sd twd WALL w/ sway to R looking R), hold ;