INTRO

01-02  BFLY WALL LEAD FOOT FREE WAIT 2 MEASURES ; ;
[Wait] In BFLY WALL ld ft free wt 2 meas ; ;

PART A

01-04  FULL BASIC ; ; LUNGE BASIC TWICE to DBL HANDHOLD ; ;
[Full Basic] Sd L -, XRib (W XLib), rec L ; Sd R -, XLif (W XRib), rec R ; [Lunge Basic x 2] Sd L extg ld arm to sd, -, rec R, XLif (W XRib) ; Sd R extg trl arm to sd, -, rec L, trng LF sm fwd R (W sd L, rec R, XLif tmgr LF to fold if of M) to DBL Hndhd WALL ;

05-08  DBL HND UNDERARM TURN to STACKED HANDS ; OP BREAK to FACE ; CHANGE SIDES/W UNDERARM ;
BASIC ENDING to Manvr ;
[Db Handhold Udrn Trn to Stacked Hnds] [With both hnds jnd above lady's head ] Sd L, -, XRib lead ptr under dbld hd hold, rec fwd L Stacked Lft over Rt hnds (W fwd R, -, fwd L if trn under dbld hd hold, fwd R stacked hnds L over R) fchg ptr & WALL ; [Open Break to Fc] With stacked hnds sd R, -, rkt apt L, rec R to r-sd of W ; [Change Sides / W Underarm] Fwd L to WALL chtm sds CW lead W trn under stacked hnds, -, sd R, XLif (W fwd R to COH LF trn under stacked hnds chg sds, -, sd L, XRib) to BFLY COH ; [Basic Ending to Manvr] Sd R, -, XLib, rec R to manvr;

09-12  RIGHT TURN w/ OUTSIDE ROLL ; FENCE LINE w/ ARMS ; OP BASIC TWICE ; ;
[Right Trn w/ Outsd Roll] Sd & bk L Xg in frt of W, -, rslgw jnd ld hnds to ld W's RF trn sd & bk R trng ½ RF, XLif (W fwd R com RF twrl undr ld hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr) to BFLY WALL ; [Fence Line w/ Arms] Sd R, -, XRib (W XRib) on soft knee, rec R ; [Op Basic x 2] Sd L trng to ½ LOP RLOD, -, XRib (W XLib), rec L trng to fc ; Sd R trng to ½ OP LOD, -, XLif (XRib), rec R to ½ OP LOD ;

13-16  4 SWITCHES ; ; ;
[Switches x 4] Sd L Xg in frt of W to ½-OP RLOD, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R com to fold in frt of M) ; Fwd R, -, fwd L, fwd R (W sd L Xg in frt of M to ½-LOP RLOD, fwd R, sm fwd L) trng to BFLY WALL ; Repeat meas 13,14 Part A ; ;

PART B

01-04  3 ALTERNATING UNDERARM TURNS  W-M & W ; ; ; INTO A LARIAT 3 to LOD ;
[3 Alternating Underarm Turms W - M - W] Sd L raisg jnd ld hnds palmo-palm, -, XRib, rec L (W sd R com RF trn under jnd ld hnds, -, XLif cont RF trn ½, rec R compg full trn to fc ptr) ; [join trailing hnds] Sd R comm RF trn under jnd trail hnds, -, XLif cont RF trn ½, rec R compg full trn to fc ptr (W sd L raisg jnd trail hnds palmo-palm, -, XRib, recld L) ; [join lead hnds] Repeat meas 1 Part B to BFLY WALL ; [Into a Lariat 3 to LOD] sip R, -, L, R trng ¾ LF to LOD (W fwd L, -, R, L arnd M to LOD) to LOP LOD ;

05-08  OUTSIDE ROLL ; HORSE SHOE TURN ; ; BASIC ENDING to Picking Up ;
[Outsd Roll] Fwd L cmm LF trn, -, sd R cont trn to fc COH, XLif (W fwd R com RF trn under jnd hnds, -, cont RF trn L, R) to BFLY COH ; [Horse Shoe Trn] Relg trl hnds Sd & fwd R to LOP LOD, -, cont trn thru L to V pos LOD, rec R to V pos & raisd ld hnds ; LF ½ circ fwd L, -, R, L (W RF ½ circ undr jnd hnds fwd R, -, L, R) to BFLY WALL ; [Basic Ending to PU] Sd R, -, XLib, rec R to Picking Up ;
TRIPPLE TRAVELER ; ; ; BASIC ENDING to Man

{Triple Traveler} [To LOD] Fwd L comm LF trn raisg jnd ld hnds to ld W’s LF trn, -, sd R compg ¼ LF trn, XLif (W bk R comm LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to LOD ; Fwd R spiral LF undr jnd hnds, -, fwd L, fwd R (W fwd L, -, fwd R, fwd L) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLif (W fwd R comm roll RF under jnd lead hnds, -, bl k cont roll, fwd R comp Roll to fc ptr) ; [Basic Ending to Manvr] Repeat meas 8 Part A to BFLY COH & manvr;

13-16 RIGHT TURN w/ OUTSIDE ROLL ; BASIC ENDING ; SPOT TURN TWICE to Picking Up ; ;

{Right Trn w/ Outsd Roll} Repeat meas 9 Part A ; [Basic Ending] Repeat meas 8 Part A to BFLY ; {Spot Trn x 2 to PU} Sd L, -, XRif trn LF ½, rec L cont LF trn to fc ptr ; Sd R, -, XLif trn RF ½, rec R cont RF trn to fc & to PU ;

PART C

01-04 4 TRAVELING CROSS CHASSE to BFLY WALL & to Manvr ; ; ;

{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 lf side leading sd L, XRif) to DRW ; Fwd R trng RF, -, with lf side leading sd L, XRif (W bk L trng rt, -, with rt side leading sd R, XLif) to DRC ; Repeat meas 3,4 Intro end to BFLY WALL & to Manvr ;

05-08 TRAVELING RIGHT TURN w/ OUTSIDE ROLL to Picking Up ; ; LEFT TURN w/ INSIDE ROLL ; OP BASIC ;

{Traveling Right Turn w/ Outsd Roll} Cont trn RF crossing IF of W sd & bk L to fc RLOD, -, XRib, twist tm RF 5/8 on both ft to fc DLW & shift wgt to L (W fwd R btwn M’s ft, -, fwd L, R around M RF) end CP M fsg DLW ; Fwd R slightly trng RF to fc WALL raising jnd lead hnd to lead W trn RF, -, Sd L, XRif (W bk & bk l comm tm RF under jnd lead hnds, -, cont tm RF under jnd lead hnds R, L) end in LOP M fsg WALL ; {Left Turn w/ Inside Roll} Fwd L com LF trn raisg jnd ld hnds to ld W’s LF trn, -, sd R compg ¼ LF trn, XLif (W bk R com LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to CP COH ; [OP Basic] Repeat meas 12 Part A ;

09-12 THE SQUARE to Manvr ; ; ;

{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 fwd R, -, sd L twd COH, XRif starting to Xif of M) ; Fwd R, -, sd L twd RLOD, XRif 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 WALL in L ½ OP, XLif (W fwd R, -, sd L twd WALL, XRif 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, XLif) to ½ OP LOD & to Manvr ;

13-16 RIGHT TURN w/ OUTSIDE ROLL ; HIP LIFT to Picking Up ; LEFT TURN ; HIP LIFT to BFLY ;

{Right Trn w/ Outsd Roll} Repeat meas 9 Part A to BFLY COH ; {Hip Lift to PU} Sd R bring L ft alongsd R ft, -, w/ pressure on L toe lift L hip, lwr hip to PU ; {Left Turn} Fwd L com LF trn raisg jnd ld hnds to ld W’s LF trn, -, sd R compg ¼ LF trn, XLif to BFLY WALL ; {Hip Lift to BFLY} Repeat meas 14 Part C to BFLY ;

ENDING

01 W WRAP IN 2 to LOD ;

{W Wrap in 2} Sd R, -, XLib trng ¾ to LOD (W Sd L comm LF Turn undr jnt ld hnd, -, ct R cont LF turn to WRAP LOD) ;