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Record: Starline X6030 26 Miles (Santa Catalina) The Four Preps  
Footwork: Opposite except where noted  
Level: Phase III+2 (chg of places R to L & L to R)  
Sequence: Intro-A-B-A-B-A-ENDING

**INTRO**

**1-2 WAIT SCP LOD: KICK BALL CHANGE TWICE:**

1-2 wait one meas; kick L ft fwd/take wgt on ball of that ft, replace weight on other foot, kick L ft fwd/take weight on ball of ft, replace weight on other foot;

**PART A**

**1-4 CHASSE L & R: R TRN FALLAWAY - TWICE:::**

1-4 CP WALL sd L/cl R, sd L, sd R/cl L, sd R; rk bk L to SCP, rec R to fc, trning RF 1/4 sd L/cl R, sd L; trning RF 1/4 sd R/cl L, sd R SCP RLOD, rk bk L to SCP, rec R to fc; trning RF 1/4 sd L/cl R, sd L, trning RF 1/4 sd R/cl L, sd R;

**5-8 FALLAWAY RK - RK REC:: TWO FORWARD TRIPLES: RK THE BOAT TWICE:**

5-8 CP WALL rk bk L to SCP, rec R to fc, sd L/cl R, sd L; sd R/cl L, sd R, rk bk L SCP, rec R; fwd L/cl R, fwd L, fwd R/cl L, fwd R; fwd L with straight knee lean fwd, with rking motion and relaxed knees cl R leaning bwd, fwd L with straight knee lean fwd, with rking motion and relaxed knees cl R leaning bwd;

**9-12 CHASSE L & R: CHANGE R TO L - CHANGE L TO R:::**

9-12 REPEAT MEAS 1 PART A; CP POS rk bk L SCP, rec R, sd L/cl R, sd L trng 1/4 LF; sd and fwd R/cl L, sd R, (W rk bk R SCP, rec L, sd R/cl L, fwd R trng 3/4 RF under lead hnds; sd & slightly bk L/cl R, sd & bk L,) rk bk L, rec R; sd L/cl R, sd L trng 1/4 RF, sd R/cl L, sd R; (W rk bk R, rec L; fwd R/cl L, fwd R, sd L trng up to 3/4 LF trn to fc ptr;)

**13-16 BASIC RK - RK REC:: TWO FORWARD TRIPLES: KICK BALL CHG RUN TWO:**

13-16 CP WALL rk apt L, rec R, sd L/cl R, sd L; sd R/cl L, sd R, rk bk L SCP, rec R; REPEAT MEAS 7 PART A; SCP LOD kick L fwd/take weight on ball of L, replace weight on R, run L, R to FC WALL;

**PART B**

**1-4 ROCK REC CROSS SD CROSS: TWICE: PROGRESSIVE RK 4: OPEN VINE 4:**

1-4 BFLY WALL rk sd L LOD, rec R, cross XLIFR/sd R, cross XLIFR; rk sd R, rec L, cross XRIFL/sd L, cross XRIFL; rk apt L, rec XRIFL, rk apt L, rec XRIFL; sd L, XRIFL, sd L, XRIFL;

**NOTE: REPEAT MEAS 1-4 PART B CP WALL**

**ENDING**

**1-4 CHASSE L & R: PROGRESSIVE RK 4: OPEN VINE 4: APT PT:**

1-4 CP WALL REPEAT MEAS 1 PART A; REPEAT MEAS 3 PART B; REPEAT MEAS 4 PART B; apt L, -, pt R, -: SMILE