

## **GIRLS GONE BAD- ADVANCED**

8 Push R arm 1-2 arm roll 3-4 plie 5 jump 6 step across 7 and out 8. 8 Step bk pose R knee flip baton 1-2 flash 3-4 toss reverse illusion. 8 Catch 1-2, loop back perch 3-4 loop front 5-6, bk flip to back 7-8. 8 Turn front toss 1 arms out 2-3 catch down L arm over on 4, flip out 5-6, flash to side 7-8. 8 Toss 3 step turn arms up 1-2 slap down 3 catch 4 step 5 kick 6 down 7-8. 8 Roll 1-3 flash arms 4-5 toss stand up 6 R arm circle 7 catch L 8. 8 L-Rev fig 8 Turn L-Rev fig 8, lunge pass to R flash. 8 Flip back pop R toe, flash to front. 8 2 spin hands on hip. 8 Flash rev 8, flash back scratch. 8 toss circle L, R backhand catch L lunge flash forward turn to back. REPEAT- Beginning

## **ACCESSORY – ADVANCED**

1-2 hold 3-4 rock right- left. 5-6 turn over left shoulder 7-8 kick b/c. 1-2 flash 3-4 toss back catch 5-6 toss under fan kick catch left 7-8 pass under elbow facing right wall. 1-4 loop pass around neck in lunge 5-6 toss to back 7-8 hold. 1-2 pivot turn 3-4 princess to front 5-8 box. 1-2 catch b/c 3-4 under the leg 5-6 pass to left 7-8 finger twirl turn. 1-2 pose 3-4 pose 5-8 push baton down turn. 1-2 flash pose 3-4 toss right carch back hand 5-8 flash toss 2 spin. 1-2 catch 3-4 flash 5-8 2 elbows. 1-2 toss left to right 3-4 clean to sides 5-8 finger twirls. 1-2 cont. finger twirls 3-4 pose 5-6 little toss passé 7-8 catch. 1-8 toss illusion. 1-16 loop section. 1-8 2 spin with arms. 1-2 pivot 3-4 walk to back 5-6 slice 7-8 turn to front – repeat from 2 (8) count in beginning – until 2 elbow and flip to back. Turn to clump and free pose.

## **JOHNNY B. GOODE – ADVANCED**

8 – hold 4 pose 5-8 “V”. 8- flip front, back, front back catch. 8- flash bk to bk 1-4, L bk scratch neck wrap L to L hand 7-8. 8- Rev. flash around bkhd 1 spin bkhd catch R lunge. 8- Step L fan kick R flash pinwheel whip flash. 8- 2 spin pose turn pose. 8- flip R-L bkhd L- catch bkhd flash around R bkhd flash front. 8 – 1 spin catch blind pass down o R. 8- big swing, little loop bk, big jump hop, loop behind head. 8 – elbow flip catch L, flip under fan kick to back (5-8). 8 - Toss illusion. 8- chasse rev fig 8 rock, flash front, flash side. 8- double elbow layout 1-4, turn barrel leap. 8- turn out thumb flip arm circle lunge R. 8- repeat beginning to 2 spin. 8 – thumb flip R-L, L-R bkhd pull up pose.

## **LAND OF 1000 DANCES – ADVANCED 1-2 BATON MIX**

8- floor- box L leg, toss fan. 8 – up, L aerebesque, R box, push up. 8 drop catch under fan kick, drop bk catch. 8- flash, reverse rock flash. 8- swings – big, loop bk, front, side-front-bk. 8- big front, turn L shoulder, big, little, big. 8- taffy around, big front, hand roll down. 8- catch ill, reverse fig 8 flip to L side. 8- turn bk, small blind catch R-L, thumb flip to R. 8- jump arabesque small 1 spin. 8- pass lunge flash to back hand roll kick. 8- Flash 2 spin. 8- 8 – swing front loop bk neck wrap. 8- flip to back turn flash front L arm leads to ground. 8- 2 baton double flash bk hand toss flash under R. 8- flash toss pass flash catch L. 8- follow thru, thumb toss loop L pass loop R (small). 8- flash bk hd toss, thumb toss loop catch. 8- turn loop (L-rev fig 8) loop front bk hd toss shoulder wrap catch. 8- flash toss pass catch under R leg – R hand. 8- rev illusion put baton down. 8- repeat after 2 spin bog loop, loop to bk neck wrap. 8- flip to back slice pose R knee. 8- flash big trick. 8- flash front airplane flash 8- pose.

## **IF YOU COULD SEE ME NOW – ADVANCED 2-3 BATON:**

Pose to back with 1 baton in each hand. 1-2 hold 3-6 turn to front with 1 ½ spins and baton above head in an X, 7-8 pull up. 1-8 toss leap backscratcher. 1-8 toss elbow back scratcher. 1-8 toss back flash toss right flash around baton backscratcher. 1-8 toss illusion pass under leg flash out catch left backscratcher. 1-8 finger twirls backscratcher. 1-8 high low 1 spin. 1-8 hitch fan kick to back turn front slice roll down to pose. 1-4 shoulder walk in front of 3 baton 5-6 reverse illusion pick up baton. 1-16 juggles. 1-8 pretzal fix batons to get ready for box and shake. 1-16 box with vertical toss to each wall 1 spin out. 1-8 backscratcher walk put 1 baton down repeat from toss elbow to 1-16 juggles. Walk pose.

## **MAMMA MIA- INTERMEDIATE**

Start pose Left Hand hip Baton + Right Hand angle down. Hold drum roll. TWIRLS- 8 Flash back tap airplane. 8 step tap x2 while windup L then R pop toss pull up. 8 quick steps L, cross over thumb flip, flash Front then flash Back. 8 flash F toss. 4 step L hope R, step R hop L w/ figure 8s arms up. 5-8 flash elbow tuck. 8 push L 1-2, R arm circle 3-4, point L 5-6, slice across 7 tuck 8. 8 flat toss L hip. 8 fingers over head turn 1-4 slide baton down L arm 5-6 tuck 7-8. 8 box toss hop arms out catch 6, loop over head 7-8. 8 L arm lean over towards right loop over arm 1-2, taffy pull to L 3-4, R arm verticle circle to back 5-6, flash front 7-8. overhead Circle overarm C taffy pull to LB vertical circle flash F. LOOPS - 8 Big front 1-2, turn L back little 3-4, Big front 5-6, turn R little under L arm 7-8. 8 Little to the back 1-2, Big front 3-4, whip behind back loop turn 5-6, big front loop 7-8. 8 point L 1-2, slice down 3-4. flash down 5-6 hold 7-8. 8 pop up L arm in front of face R arm behind 1-2 arms up in V 3-4 circle arms (straight baton) 5-6 pull down turn 7-8. FINGERS - 8 R side fingers 1-2, Center 3-4, L side 5-6, Center 7-8. 8 R side kick L leg out 1-2, center leprechaun 3-4 flash 5-8. 8 Toss on 1 arm V catch 4. 8 A's (Big flash 5-6 lean over power wind up 7-8) B's hold 5-8. 8+4 A's (Big flash 1-2 one spin 3-5 down 6 slice L to beginning pose 7-8 hold 1-4) B's ( Big flash 1-2 lean over power wind up 3-4 Big flash 5-6 one spin 7-1 down 2 slice L to beginning pose 3-4). Repeat Twirls and Loops until whip behind back 5-6, then slice pose 7-8.

## **LET'S DO THIS – INTERMEDIATE**

Hold intro. 8- Hold 1-2, pose 3-4, (A arm circle 5-6) B (7-8). 8 – chase flash 1-2, clip turn L 3-4, pose 5-6 hold 7-8. 8- A – flash 1-2, B – 3-4, switch over 5-6, shake shoulders 7-8. 8- 3 step turn L thumb flip catch pose 5-6 shake hips 7-8. Reverse flash step out 1-2, pose above head 3-4, push 5-6 passé – on shoulders 7-8. turn hop under chin 1-2, flash arm follows 3-4, arms to L sid 5-6, bow and arrow 7-8. 8- finger twirls – 2 fingers chase, loop back flash 7-8. 8- 1 turn catch, hips stick baton arms up 7 pose 8. 8- A (1-2) B's start (5-6) Big swing, taffy turn L, big swing 5-6, loop back to face 7-8. 8- baton out 1-2, flip 3-4, twist 5-6 pose 7-8. Hold 1-4 shake 5-8. 8- Repeat from 3 step turn to end shake.

## **THAT'S NOT MY NAME – INTERMEDIATE**

8 – Hold 1-4 5-6 left arm up, right arm down 7-8 swoop left arm down. 8- flash, 1 spin catch 7-8 pose to T. 8 chaîné to right, swoop left arm up, flick to left, pose w/ left hand on hip, pop upper body. 8- 1-4 pinwheel 5-8 pose flashes. 8- A's 1-4 pivot turn bring right arm up then slice down 5-8 B's repeat. 8 – turn to front w/ half T, box to hip, change hips, change to left, snap upper body. 8- 1-4 walk, 5-8 chaîné turn to left. 8- swings. 8- elbow grab, flash w/ left to back, grab and hold, flash to front. 8- 1 spin, catch, pose, slice to right, left hand on hip. 8 – group 1 “name” group 2 “name” group 3 “name” all together on the 4<sup>th</sup> “name”. 8 – step together step to left, flash w/ right , back flip ball change, pinwheel. 8- flash, toss axle, catch shoulders right then left. 8- thumb flip front, thumb flip back, flash, grab horizontal. 8- move lines with body roll, tuck to ground, pose, pop upper body. 8- Repeat starting from 4<sup>th</sup> 8 count all the way to the 10<sup>th</sup> 8 count. Everyone goes together on “name”. Walk with shoulders to straight line. Left arm pose on 1.

## **ANY WAY YOU WANT IT – INTERMEDIATE**

Group one face to back 1-2 toss behind head 3-4 twirl up 5-6 pass to right hand and slice pose. Group two face to back 1-2 toss behind head 3-4 twirl up 5-6 pass to right hand and slice pose. Group three face to back 1-2 toss behind head 3-4 twirl up 5-6 pass to right hand and slice pose. Everyone hold 7-8. 1-4 flash over with a leg pop and turn. 1-8 flash reverse flash backflash. 1-8 buttwhip flash 1 spin. 1-2 catch left 3-4 hold 5-6 turn back toss left to right 7-8 hold. 1-8 pull up toss kick backstratcher. Group A 1-8 finger twirls. 1-8 reverse flash toss catch left. 1-16 shake cars and trucks twirl in left. 1-16 shake cars and trucks twirl in right. Group B 1-8 finger twirls. 1-8 reverse flash toss catch left. REPEAT- 1-8 flash reverse flash back flash. 1-8 flash buttwhip flash 1 spin. 1-2 catch left 3-4 hold 5-6 turn to back and toss left to right 7-8 hold. 1-8 flash toss kick backstratcher. 1-8 move to straight line. 1-8 exchange. 1-4 loop lunge back loop over head 5-6 turn 7-8 box toss 1 spin. 1-2 catch 3-8 turn face side swinging arms down to side. 1-8 swing to back pass under elbow flash to front pass right big loop pose to side.

## **IF I CAN'T HAVE YOU - INTERMEDIATE**

Intro 1-8 Group one-pose to back, turn around with flat baton work. 1-8 hit baton at sides, head whip and pose. 1-8 Group 2, Repeat. 1-8 vertical wrap around pull up behind pose out. 3-4 can opener face partner, partner exchange on 1, 5-6 flash to front, turn 3-4 body balance roll, 5-8 toss, pose. 1-8 Flash arm goes to heart, whip to back, face side put finger up for “1” and look forward on 8. 1-4 elbow roll pass at arm pit, 5-8 lay back on spotlight. 1-8 spread eagle with turn to side, pose hold 1-2, kiss on 3, 4-5 turn, 1 spin, 1-8 mouth spins, 1-turn while pointing finger, 3-4 flat toss catch 5-6, turn to back 7-8 flat pose in and out, 1-4 flat taffy poles, flat fingers pose on 7, turn low, 1-2 fake neck wrap turn to back, tuck out on 7-8. REPEAT from 1-8 Vertical wrap around body pull up behind pose out, 3-4 can opener face partner, partner exchange on 1, 5-6 flash to front, turn 3-4 body balance roll, 5-8 toss, pose. Ending in V formation, group one- step out point and turn 1-8, group two, step out point and turn 1-8, 1-8 everybody goes and step out point and melt to the ground.

## **OLD TIME ROCK AND ROLL – INTERMEDIATE**

8)hold 1-2 pose 3-8. 8) pose. 8) turn to front loop above head 1-2 pass around neck 3-4 box 5-6 under chin 7-8. 8) box toss one turn. 8) loop above head 1-2 loop in front turning 3-4 loop above head 5-6 leg wrap 7-8. 8) hold 1-4 pretzel turn 5-8. 8) flash 1-2 reverse figure eight 3-4 flash 5-6 back scratch 7-8. 8) flash 1-2 back flash 3-4 flash 5-6 flash 7-8. 8) group A arm circle toss 1-4 group B arm circle toss 5-8. 8) airplane 1-6 arms out 7-8. 8) one turn 1-8. 8) big swing 1-2 little loop in front 3-4 loop behind shoulder 5-6 loop behind shoulder as turning to back 7-8. 8) toss under leg. 8) flash 1-2 back catch 3-8. 8) Repeat: 8) flash 1-2 reverse figure eight 3-4 flash 5-6 back scratch 7-8. 8) flash 1-2 back flash 3-4 flash 5-6 flash 7-8. 8) group A arm circle toss 1-4 group B arm circle toss 5-8. 8) airplane 1-6 arms out 7-8. 8) one turn 1-8. 8) big swing 1-2 little loop in front 3-4 loop behind shoulder 5-6 loop behind shoulder as turning to back 7-8. 8) toss under leg. 8) flash 1-2 back catch 3-8. 8) pass to left 1-2 pose 3-4 rock 5-8. 8) rock 1-4 reverse loop 5-6 pass above head 7-8. 4) down 1-2 pose 3-4.

## **I KNOW YOU WANT ME- INTERMEDIATE TEAM TWIRL**

8 hold 1-2 pump 3-4 turn out 5-8. 8 Ripple 1-5 Slice pose L leg point L arm up hold 6. 8 7-8 +1-8 Ripple back flash over, arms down R leg behind. 8 Flash one spin 1-5, hold 6 step forward wipe chin snap 7-8. 8 (formation change=rotate circle) Flash 1-2 elbow roll 3-4 slice 5-6 flash 7-8. 8 A's body roll out 1-2 down 3-4, B's exchange on 4, A's jump out 5-6 B's jump out 7-8. 8 Hips L-1 R-2 Turn L arms down 3-4 Flash front 5-6 Flash back 7-8. 8 Rockstep Flash 1-2 thumb flip to L, L toe point R hip out 3-4, Turn L under leg toss to R 5-8. 8 (formation change= 2 lines front line A's back line B's) flash 1-4 toe pops arms under chin R hip+L toe first, then L hip+R toe 5-8. 8 A's rockstep front arms out, B's rockstep back 1-2, turn around 3-4, kick toss 5-6, A's catch 7 down 8, B's catch 7 dig 8. 8 A's stand up change lines 1-4, B's pivot step 1-2 toss move forward 3-4 everyone flash 5-8. 8 finger twirls to R L leg out to L side 1-2, fingers front L leg cross over 3-4, fingers back 5-6 arms up and slice feet in a dig head back 7-8. 8 Ripple (Box skater 1-2 toss 3-4 pivot 5-6 slice 7-8) leave by 2's. 8 Last group continue to 4, everyone shoulder shoulder 5-6 neck then out 7-8. 8 (Formation change= Rotate Circle) 1-4 head roll turn 5-6 arm across shoulders 7 jump out 8. Repeat. 8 Hips L-1 R-2 Turn L arms down 3-4 Flash front 5-6 Flash back 7-8. 8 Rockstep Flash 1-2 thumb flip to L, L toe point R hip out 3-4, Turn L under leg toss to R 5-8. 8 (formation change= 2 lines front line A's back line B's) flash 1-4 toe pops arms under chin R hip+L toe first, then L hip+R toe 5-8. 8 A's rockstep front arms out, B's rockstep back 1-2, turn around 3-4, kick toss 5-6, A's catch 7 down 8, B's catch 7 dig 8. 8 A's stand up change lines 1-4, B's pivot step 1-2 toss move forward 3-4 Pose on 5 R-leg on L diagonal, L hand up.

## **2NITE - BEGINNER**

Everyone faces to back. Group 1/ shake 1-8. 1-2 pose 3-8 hold. Group 2/ hold 1-2 shake 3-8. 1-2 shake 3-4 pose 5-8 hold. Group 3/ hold 1-4 shake 5-8. Shake 1-4 pose 5-6 hold 7-8. Group 4/ hold 1-6 shake 7-8. Shake 1-6 pose 7-8. 1-8 saucha flash pass to left saucha pass to right behind back. 1-4 step forward flash pivot and face front 5-8 roll over neck step out left push your baton left the right. 1-4 dip down and rotate baton in a circle stopping on left side 5-6 flip baton and disco pose. 1-4 turn over left shoulder hold baton over head 5-8 box toss to front. 1-4 horizontal twirls in right hand pushing right foot out- knee-out 5-8 pull arms across body in a hugging motion and shake. 1-8 flash with knee flash reverse backstratcher. 1-8 loop section. 1-8 pass around neck straddle jump toss right to left and left to right. 1-4 move to line with a flash 5-8 front spin pass under neighbors leg. 1-4 front spin pass under other neighbors leg 5-8 move back to original spots face back. REPEAT-1-8 saucha flash pass to left saucha pass to right behind back. 1-4 step forward flash pivot and face front 5-8 roll over neck step out left push your baton left the right. 1-4 dip down and rotate baton in a circle stopping on left side 5-6 flip baton and disco pose. 1-4 turn over left shoulder hold baton over head 5-8 box toss to front. 1-4 horizontal twirls in right hand pushing right foot out- knee-out 5-8 pass to left head with same foot work. 1-4 step forward and back 5-8 move to two lines across from your partner. 1-8 exchange. 1-4 move to straight line 5-8 pose to front.

## **HOT AND COLD - BEGINNER**

1-4 Pose shake. 1-8 (Group 1) Flat loop, head whip, waist wrap, arms in and out, pose. 1-8 (Group 2) Flat loop, head whip, waist wrap, arms in and out, pose. 1-8 (Group 1) Flash high toss, curtsy with baton cradled, pose to back and to front arms flat. 1-8 (Group 2) Flash high toss, curtsy with baton cradled, pose to back and to front arms flat. 1-8 Whip up to front, behind head with turn, elbow pop catch left. 1-8 Reverse figure 8's, bring up dig, pass under legs to right hand. 1-8 Right finger twirls bring to front, backscratcher, double elbow roll, and reverse figure 8, turn. 1-8 Whip up to front, behind head with turn, elbow pop catch left, pass under leg. 1-8 Pop up slide out on 3 with wrist twirls, face partner slap arms down. 1-8 Hold 1-2 toss 3-4 to partner 5-6 slap 7-8 backscratcher. 1-8 1-2 slap 3-4 pose high. 1-8 (REPEAT) Whip up to front, behind head with turn, elbow pop catch left. 1-8 Reverse figure 8's, bring up dig, pass under legs to right hand. 1-8 Right finger twirls bring to front, backscratcher, double elbow roll, and reverse figure 8, turn. 1-8 (Repeat) Whip up to front, behind head with turn, elbow pop catch left. 1-8 Reverse figure 8's, bring up dig, pass under legs to right hand, Pose

## **GOODBYE – BEGINNER**

8- hold 1-4, knee pop 5-8. 8- Hips R, L taffy to L hop pose. 8- (A & B parts) Ball change reverse pose. 8- flash – rock to R, push head roll step L end facing L. 8- 1-4 step front R,L,R w/ 2 hand spin pass back snap – Turn L to pose baton at chest. 8- 1-4 prissy walks back 1-2 arms push 3 head back 4, 5-6 releve arms push L to “L” pose 7-8. 8- flash pin wheel toss front feet out-In hands on chest. 8- pivot turn step R (3) touch L leg side flash pose – switch hips on 8. 8- A’s, swing front, small loop back, neck roll pose baton over head. B’s repeat. Body roll 1-2 shake hips 3-4 elbow pass facing L 5-6 snap poses 7-8. 8- turn L with head roll pose 4, R arm to L low diagonal 5-6 pose low R diag 7-8 switch hip. A’s start 1-2, B’s 3-4, C’s 5-6: Lasso over, under, over, chest with left knee down, over heat box twirl to bug. 8 leave baton on ground, cross R,L arms low (1-2) hands to chin 3-4 throw front low (5-6) look R arms front and back 7-8. bug 1-2 stand pick up baton face back to beginning pose. Repeat to pivot turn section – end at hip shake facing back.

## **HIT THE GROUND RUNNING - BEGINNER**

1-8 A’s toss cowboy pose. 1-8 – B’s toss cowboy pose. 1-8 grape vine to right flash over pass slice out. 1-4 princess turn 5-8 box toss. 1-8 group A step out and front horizontal twirl pull in pop out left to right. 1-8 B’s. 1-8 loop section pass under elbow. 1-8 little toss left to right flash reverse flash. 1-2 arm roll 3-8 hit left hit right up slice down. 1-4 shake 5-8 pinwheel flash reverse. 1-2 back scratcher 3-4 hold 5-8 front spins w/ heels. 1-2 flash over bow 3-4 place baton on shoulder 5-6 shake 7-8 clean. 1-16 exchange lines in a box formation doing horizontal twirls around each other with step together step. 1-4 group B pivot turn jump in jump out 5-8 group A joins jump in jump out repeat from the grape vine to loops and pose.

## **TOP OF THE WORLD – BEGINNER**

8 – hold. 8- A hip R, L (1-4) step touch L, bk touch R snap. 8 – B’s. 8- turn baton behind hand, squat loop, straddle neck pass, under chin, push down 7 look 8. 8 – lean bk, baton on shoulders hip front, turn, loop stick hold baton at tip. 8- hip L,R, L hold (4), stick drop step touch hold 7,8. 8- A(1) B(5) flourish shoulder pass step hip front. 8- baton down walk bk, step out R,L a(5) B(7) look front pose. 8- big swing, loop behind R shoulder, flip under L arm, push baton float look up 8. 8 – flash toss trick. 8- walk front, stick front 3-4 look L, front, L hd on stick, pencil turn 7-8. 8- open arm big swing, loop in back big swing front. 8- loop front (2x’s) loop bk (2x’s) pass around shoulder snap hip front. 8- airplane pose L knee (4) walk bk. 8- Repeat beginning. 8- floor roll to back 1-4, baton under L arm walk front L,R drop catch R pose.

## **I WANT CANDY – BEGINNER**

8) hold. 8) shake. 8) group A: flash step over 1-4 pose 5-8, group B still shaking. 8) group B flash step over 1-4 pose 5-8. 8) Swing in front lunge 1-4 swing behind shoulder 5-8. 8) big swing 1-4 big swing 5-8. 8) loop to back 1-4 baseball swings 5-8. 8) baton to ground 1-4 flip to pose 5-8. 8) group A high toss. 8) group A hold 1-4 pose 5-8. 8) group B high toss. 8) group B hold 1-4 pose 5-8. 8) group A shasay two hand spin. 8) group A three step turn pass around back. 8) group B shasay two hand spins. 8) group B three step turn pass around back. 8) flash 1-4 arm roll 5-8. 8) big loop 1-4 pass 5-8. 8) pencil turn under chin. 8) box toss. 8) pretzel 1-4 can opener 5-8. 8) airplane. 8) group A arm circle toss. 8) group B arm circle toss. 8) group A pencil turn bring baton up. 8) group B pencil turn bring baton up. 8) group A pushdown leg up to shoulder. 8) group B push baton down leg bring up to shoulder. 8) drop down back 1-4 big swing 5-8. 8) toss under arm. 8) group A pose 1-4 group B pose 5-8. 8) high toss. 8) hold 1-4 slice 5-6 pose 7-8.

## **KRAZY – BEGINNER**

1-4 hold 4 groups jump together left arm up(5,6,7,and 8). 1-2 step with L bring hand down 3-4 flash over to R side 5-6 body roll 7-8 dip low. 1-2 head roll to front 3-4 flash over to R side 5-8 V – step together step. 1-2 step out left & left hand goes out 3-8 flash reverse jump backscratcher. 1-8 group A – step tap to right in pose flourish toss snap up down pose. 1-8 – group B repeats. 1 push baton up 2 – push baton down 3-4 head roll 5-8 neck wrap hit hit on left and right hips. 1-4 horizontal twirls with steps 5-8 pretzel snap pose. 1-8 box toss pose with hip. 1-4 A's flash over 5-8 B's flash over. 1-16 swing section. 1-2 set baton on ground 3-4 chest pop 5-6 A's step snaps 7-8 A's and B's step snap together. 1-8 walk around grab baton stand up. Repeat from beginning poses stop after neck wrap hip hip. 1-2 pivot turn 3-4 hold to back 5-8 turn around snap pose.