

Teaching: Switches

Sequence as noted

Intro In BFLY wait 2 meas;; Vine 8;;

A9-16 Open Basic 2x to ½ OP;; Switches;;  
Switches;;\*\*\* Basic;;

B Lunge Basic 2x;; Undrm Trn; Basic Endg;  
Lunge Basic w/Insd Roll; Lunge Basic; Sd Basic; Rev Undrm Trn;  
Open Basic 2x;; Sd Basic; Basic Endg to WRP;  
Sweetht runs;; Vine 8;;

A Open Basic; Rev Undrm Trn; Open Basic; Basic Endg;  
Lunge Basic w/Insd Roll; Lunge Basic; Basic;;  
Open Basic 2x to ½ OP;; Switches;;  
Switches;;\*\*\* Basic;;

B

A\*\*\*

End Sd Basic; Open Basic to ½ Open; Switches;;  
Vine 6 & Lunge Sd;;