Stand Beside Me (ST Teach 7) Monika Gründer, Feb. 2021 ST III+2+1 (Inside Roll, Switches, Sweetheart Runs)

ST III+2+1 (Inside Roll, Switches, Sweetheart Runs) "Stand Beside Me" by Perry Como

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;;

В

A***

End Sd Basic; Open Basic to ¹/₂ Open; Switches;; Vine 6 & Lunge Sd;;