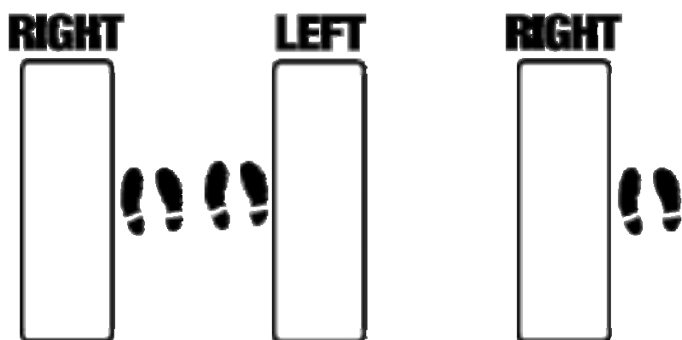
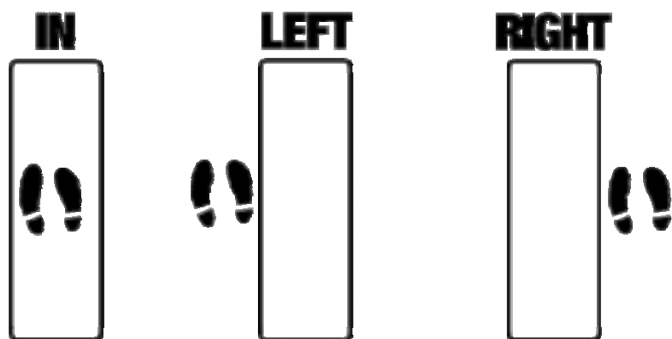


# Basic Routines

---

# BASIC Routine 1

---



# BASIC Routine 2

---

**IN**



**STRADDLE**



**ON**



**IN**



**LEFT**



**RIGHT**



# BASIC Routine 3

---

**IN**



**STRADDLE**



**ON**



**IN**



**BETWEEN**



**BETWEEN**



# BASIC Routine 4

---

**BETWEEN**



**BETWEEN**



**IN**



**SIDE-TO-SIDE**



**BETWEEN**



**BETWEEN**



# BASIC Routine 5

---

**IN**



**ON**



**STRADDLE**



**BETWEEN**



**BETWEEN**

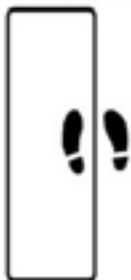


**SIDE-TO-SIDE**

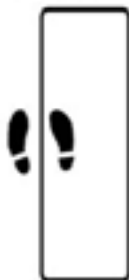


# BASIC Routine 6

**BETWEEN**



**BETWEEN**



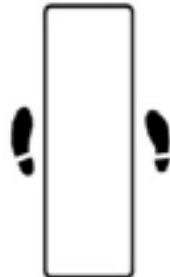
**IN**



**ON**



**STRADDLE**



**SIDE-TO-SIDE**



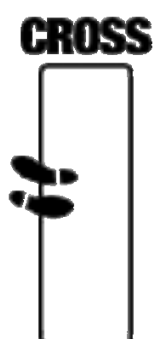
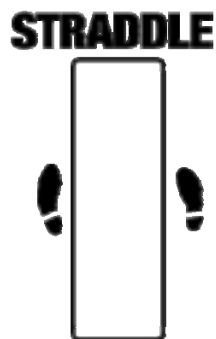
# Intermediate Routines

---

# INTERMEDIATE

## Routine 1

---



# INTERMEDIATE

## Routine 2

---

**STRADDLE**



**TWIST**



**STRADDLE**



**TWIST**



**IN**



**ON**



# INTERMEDIATE

## Routine 3

---

**IN**



**CROSS**



**CROSS**



**ON**



**BALLERINA**



**IN**



# INTERMEDIATE

## Routine 4

---

**STRADDLE**



**TWIST**



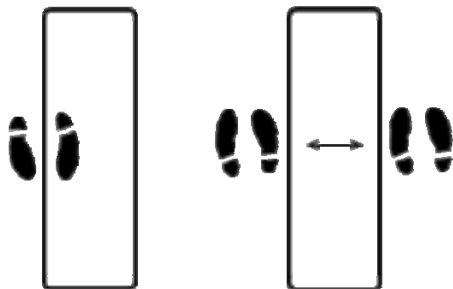
**STRADDLE**



**CROSS**



**BETWEEN SIDE-TO-SIDE**



# INTERMEDIATE

## Routine 5

---

**STRADDLE**



**TWIST**



**ON**



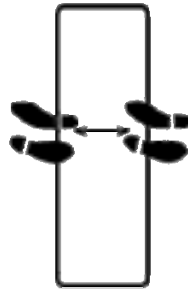
**BALLERINA**



**IN**



**CROSS-TO-CROSS**



# INTERMEDIATE

## Routine 6

---

**STRADDLE**



**TWIST**



**IN**



**BETWEEN**



**ON**



**BALLERINA**



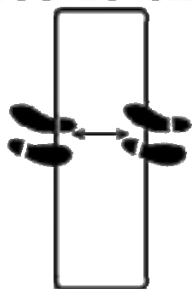
# Advanced Routines

---

# ADVANCED Routine 1

---

**CROSS-TO-CROSS ON**



**ON**



**SLIDE**



**STRADDLE**



**ON**



**BALLERINA**



# ADVANCED Routine 2

---

**HOOK**



**STRADDLE**



**TURN**



**OUT**



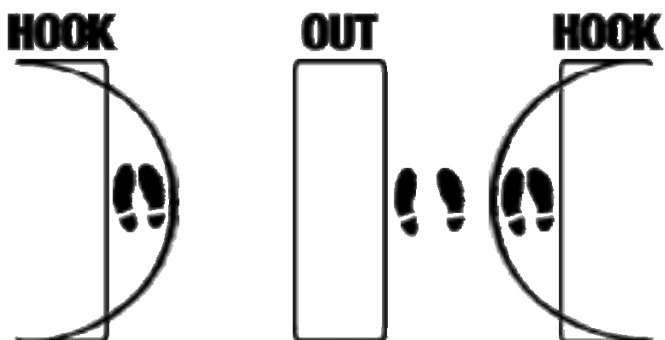
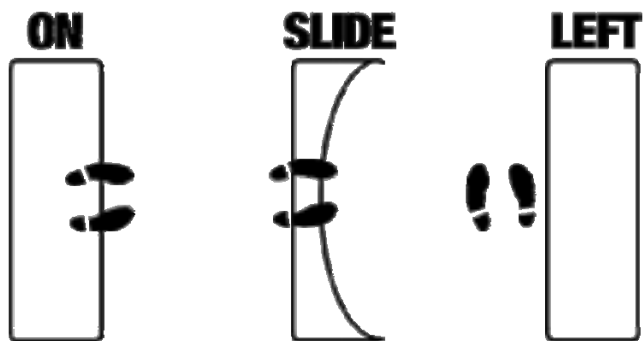
**HOOK**



**STRADDLE**



# ADVANCED Routine 3



# ADVANCED Routine 4

---

**HOOK**



**ON**



**ON**



**LEFT**



**HOOK**



**ACROSS**



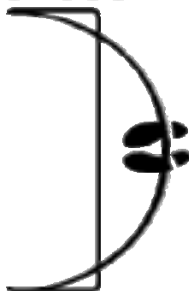
# ADVANCED Routine 5

---

**HOOK**



**ACROSS**



**CENTER**



**ON**



**BALLERINA**



**ON**



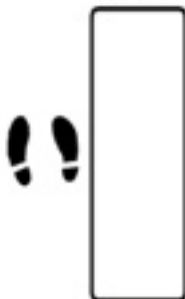
# ADVANCED Routine 6

---

**SLIDE**



**OUT**



**ACROSS**



**CENTER**



**ON**



**BALLERINA**

