| 1 ROCK | INTER all 360° | ROCK |

Start: Both head down; arm to arm grip; right arm on left arm or left arm on right arm;

Inter: 360° turn in either direction

End: Both head down; arm to arm grip; right arm on left arm or left arm on right arm;
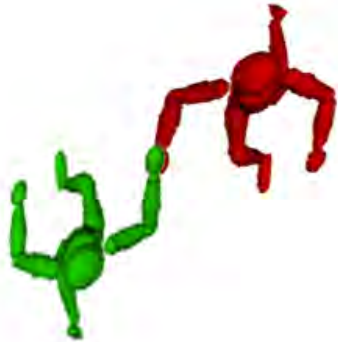
2 PASSION	INTER	CLAW

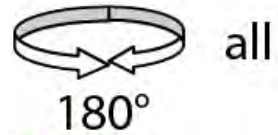Start: both head down; arm to arm grip; right arm on right arm or left arm on left arm

Inter: one turns to head up

End: arm to arm grip; right arm on right arm or left arm on left arm

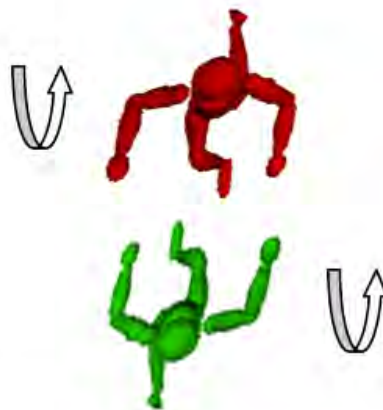Start: both head down; arm to arm grip; right arm on right arm or left arm on left arm

Inter: 180° turn for both

End: both head down; arm to arm grip; right arm on right arm or left arm on left arm

Start: both head down; double arm grip

Inter: cartwheel for both

End: both head down; double arm grip

Start: one head down – one head up; arm to arm grip; right arm on left arm or left arm on right arm

Inter: 360° turn for both

End: arm to arm grip; right arm on left arm or left arm on right arm

6 SNOW FLAKE — INTER — SNOW FLAKE

Start: one head down – one head up; double foot grip
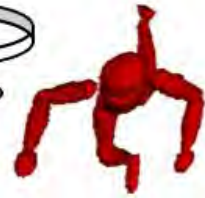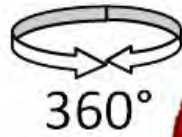
Inter: change position
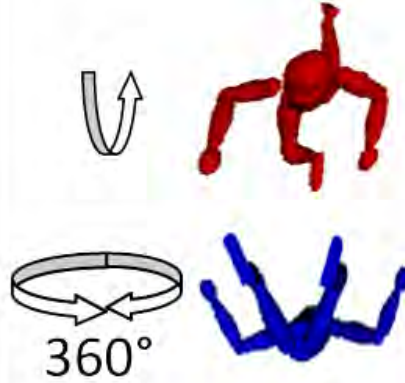
End: one head up – one head down; double arm grip

Start: one head down – one head up; arm to arm grip; right arm on right arm or left arm on left arm

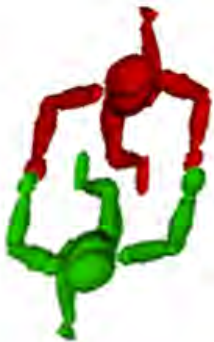Inter: head down turns 360°; head up does a cartwheel

Start: one head down – one head up; arm to arm grip; right arm on left arm or left arm on right arm
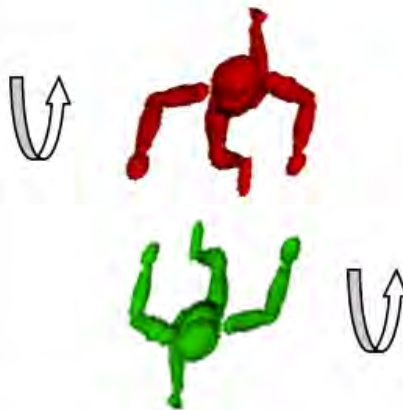
Inter: head down does a cartwheel; head up turns 360°

End: double foot grip
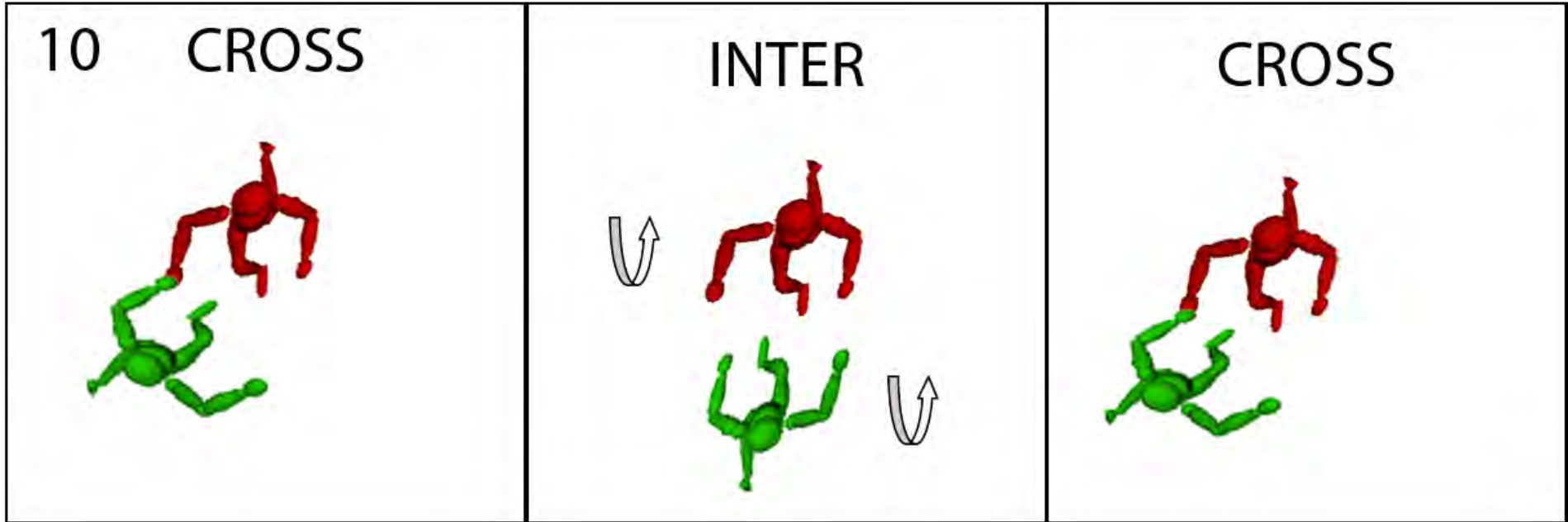
| 9 PINNWEEL | INTER | CROSS PINNWEEL |

Start: both head down; double arm grip

Inter: both do a cartwheel

End: arm to foot grip

Start: both head down; arm to arm grip; right arm on left arm or left arm on right arm

Inter: both do a cartwheel

End: arm to arm grip; right arm on left arm or left arm on right arm