

Warm-up

- 16 counts: slams
- 16 counts: slow right single spin
- 16 counts: regular right single spin
- 16 counts: regular left single spin
- 16 counts: slow right double time
- 16 counts: 12 cts. regular double time, cts. 13-16 single time
- 16 counts: regular double time
- 16 counts: 12 cts. left windmills, cts. 13-14 change hands on, cts. 15-16 bring to flat
- 16 counts: cones
- 16 counts: right windmills
- 16 counts: go to flat on cts. 1-3, pop ct. 4 catch ct. 6 hold ct. 7, pop ct. 8 catch ct. 10 hold ct. 11, pop ct. 12 catch ct. 14 hold ct. 15, up to left shoulder on ct. 16
- 16 counts: left double toss- cts. 1-3 double prep ct. 4 release ct. 5 catch up&down ct. 7 hold ct. 8, double cts. 9-11 prep ct. 12 toss release ct. 13 catch up&down ct. 15 hold ct. 16
- 16 counts: right double toss- cts. 1-3 double prep ct. 4 release ct. 5 catch up&down ct. 7 hold ct. 8, cts. 9-11 double prep ct. 12, release ct. 13 catch up&down ct. 15 hold ct. 16

- 16 counts: butt ridge cts. 1-2 parallel spin cts. 3-6 release ct. 7 catch ct. 8, butt ridge cts. 9-10 parallel spin cts. 11-14 release 15 catch ct. 16
- 16 counts: angled 45 double toss- double cts. 1-3 prep ct. 4 release ct. 5 catch @angle ct. 7 over to left 45 ct. 8, double cts. 9-11 prep ct. 12 release ct. 13 catch @angle ct. 15, turn center on ct. 16
- 16 counts: right flipees- hold cts. 1-2, flip down cts. 3-4, flip angled cts. 5-6, flip to the right side cts. 7-8, flip up cts. 9-10, flip angled cts. 11-12, extend out ct. 13, change right hand ct. 14, up to right shoulder cts. 15-16
- 16 counts: left flipees- prep 1-2, flip down cts. 3-4, flip angled cts. 5-6, flip to left side cts. 7-8, flip up cts. 9-10, flip to angle cts. 11-12, extend ct. 13, change hand ct. 14, up to left shoulder cts. 15-16
- 16 counts: flat cts 1-2, prep hand cts. 3-4, bottom cone cts. 5-6, release ct. 7, catch ct. 8, clock cts. 9-12, reverse clock cts. 13-16.