

## **Movement and Fundamentals across the floor sequence - 64 counts**

**VIDEO Front view:** <https://youtu.be/mXLF-5L-Lig>

- 1-8 forward march/ drop spins
- 1-16 “shuffle” rt start with left foot/ flag in rt tuck
- 1-8 backward march/ pot stirs
- 1-8 jazz run/ strip at rt shoulder-hip angle
- 1-16 stand fast/ turn 1, backhand 2-4, pole hits 5-14, hold 15-16
- 1-8 march forward diagonal with “foot pop” on 8/ double-time
- 1 rt shoulder

**\*\*We’re looking at how well you can move across the floor/field. We will look at posture, performance, and technique.**