

(student)

(P)ATTERN ... (C)ONCEPT

NOTES

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| 1 | P | Triple Rhythm Breaks & Anchors |
| 2 | C | 6 Count Rhythm (Straight Count)
and Foot Positions |
| 3 | P | Walking Basic (In-place and Moving) |
| 4 | P | Left Side Pass |
| 5 | C | Leverage and Tethering |
| 6 | P | Under Arm Turn |
| 7 | P | Starter Step (V-Slot) |
| 8 | P | Left Side Pass from Closed
(Slingshot Throw-out/to LR; to RR) |
| 9 | C | Compression |
| 10 | P | Push Break |
| 11 | P | Under Arm Turn
(to RR; to LR; to 2H; to Cs) |
| 12 | P | Continuous Right Side Pass (stay RR) |
| 13 | P | Right Side Pass (to LR) |
| 14 | C | 8 Count Rhythm (Straight Count) |
| 15 | P | Lock Whip (Basket Whip) |
| 16 | P | Push Break Tuck |