

(student)

(P)ATTERN ... (C)ONCEPT

NOTES

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|----|---|---|
| 1 | | Review of Series 1 and 2 |
| 2 | C | Your Basic/Vanilla versus Variations/Styling |
| 3 | P | Handshake Push Break |
| 4 | P | Moving Push Break |
| 5 | P | Side Push Break
(Left and Right) |
| 6 | P | Push Break Comb
(from RR; both Leaders and Followers) |
| 7 | C | Review Turns and Spins |
| 8 | C | Natural Rotation |
| 9 | P | Left Side Pass with Leader's Belt Turn
(CCW/Left Turn to RR) |
| 10 | P | Half Whip |
| 11 | P | Apache Whip with Roll-out |
| 12 | C | Adding Beats to a Pattern
(Holds, Steps, Delayed Steps, Triples) |