

B	I	N	G	O
toeshoot	Clear hip	flyaway	single leg kip	high bar kip
cut kip	switch kip	layout	Uprise	low bar kip
squat on	undershoot 1/1	FREE	Uprise x2	front hip circle
front mill	sole circle	giant	flyaway 1/2	high bar kip x2
flyaway 1/1	cast Handstand	leg shoot	undershoot 1/2	double leg kip

B	I	N	G	O
undershoot 1/1	Uprise	single leg kip	cut kip	layout
flyaway	undershoot 1/2	high bar kip	cast Handstand	low bar kip
front mill	Uprise x2	FREE	front hip circle	Clear hip
flyaway 1/2	leg shoot	toeshoot	double leg kip	sole circle
giant	high bar kip x2	squat on	switch kip	flyaway 1/1

B	I	N	G	O
cast Handstand	leg shoot	Uprise	high bar kip x2	Uprise x2
toeshoot	front mill	giant	switch kip	high bar kip
squat on	double leg kip	FREE	sole circle	flyaway 1/2
undershoot 1/1	low bar kip	single leg kip	undershoot 1/2	flyaway
front hip circle	Clear hip	layout	cut kip	flyaway 1/1