

Tap Step Ballchange	Box Jump	Handstand	Shuffle	Pirouette
Forward Roll	Tap Spring	Plie	Cartwheel	Pose Turn
Step turn Step	Tendu	LGA BINGO	Firebird Jump	Leap
Paradiddle	Step ballchange	Pas De Bouree	Kick	Plank
Jumping Jacks	Flap	Port De Bras	V Sit	Fouette turn

Tendu	Cartwheel	Shuffle	Forward Roll	Plie
Handstand	V Sit	Pirouette	Flap	Pose Turn
Paradiddle	Firebird Jump	LGA BINGO	Leap	Box Jump
Kick	Port De Bras	Tap Step Ballchange	Fouette turn	Step ballchange
Pas De Bouree	Plank	Step turn Step	Tap Spring	Jumping Jacks

Flap	Port De Bras	Cartwheel	Plank	Firebird Jump
Tap Step Ballchange	Paradiddle	Pas De Bouree	Tap Spring	Pirouette
Step turn Step	Fouette turn	LGA BINGO	Step ballchange	Kick
Tendu	Pose Turn	Shuffle	V Sit	Handstand
Leap	Box Jump	Plie	Forward Roll	Jumping Jacks