

Standing- Crossed legs Roll down Twist Side Bend	
100	
Roll Up	
Double Leg Stretch	
1 Leg Circle	
Double Leg Straight Stretch	

Spine Stretch	
Roll Over	
Open Leg Rocker	
Corkscrew	
Spine Twist	
Side Kicks	
Side Bend into Teaser	

Boomerang	
Swan Dive	
Leg Pull Front	
Double Kick	
Criss Cross	
Teaser	
Hip Twist	
Wide Cat Stretch	