

FLAGLINE FUNDAMENTAL ROUTINE:

Fundamental	Counts / Commands
MET 110	
Extension Sequence	(5, 6, 7, 8....) Begin routine.
Back Scratch Toss	
1.5 Two-Handed 45	
Angel	
J-Toss	
Ballerina	
One-Handed Left 45	
Stirs	
Flat Toss	
One Turn Toss	
Ending Pose	