

FLAGLINE FUNDAMENTAL ROUTINE:

Fundamental

Counts / Commands

MET 110

Fundamentals done all together in routine. Each fundamental is 8 counts.

Butterfly

Angel

Drop Spins

45 Toss

Extensions

Stirs

Horizontal Toss

Speed Spins

One Turn Toss

Ending Pose

(5, 6, 7, 8....) Begin routine.