

FLAGLINE FUNDAMENTAL ROUTINE:

Fundamental

Counts / Commands

MET 110

Extension Sequence

Back Scratch Toss

1.5 Two-Handed 45

Angel

J-Toss

Ballerina

One-Handed Left 45

Stirs

Flat Toss

One Turn Toss

Ending Pose

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