




RANDOMS


<p>A</p>  <p>FEET TO KNEES</p>	<p>B</p>  <p>DOUBLE LEG GRIP</p>	<p>C</p>  <p>HU STAR</p>
---	---	---

Both feet must be on knees at the same time.

Both grips must be on at the same time.

Both grips must be on at the same time.

D






DOUBLE FOOT GRIP

Both grips must be on feet at the same time.




BLOCKS

1

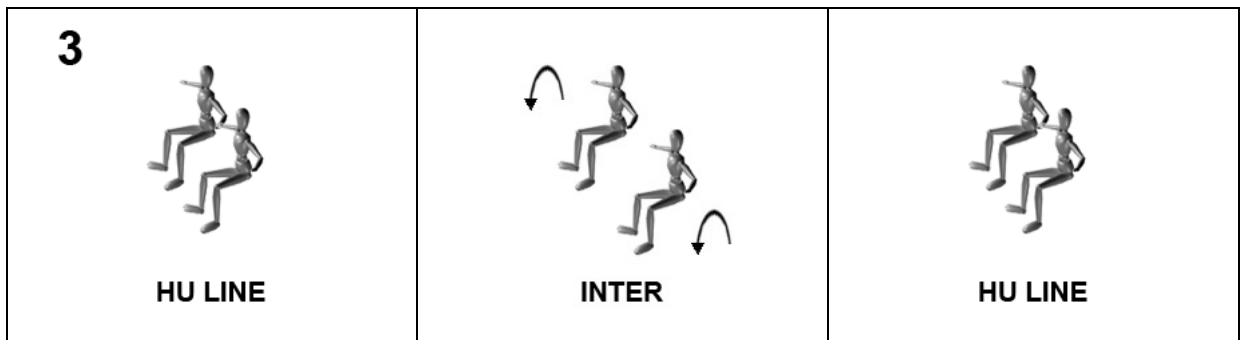
 <p>HU ACCORDIAN</p>	 <p>INTER</p>	 <p>HU ACCORDIAN</p>
--	---	--

Single left-to-left or right-to-right grip. Separate, both rotate 360, and return to repeat the original formation.

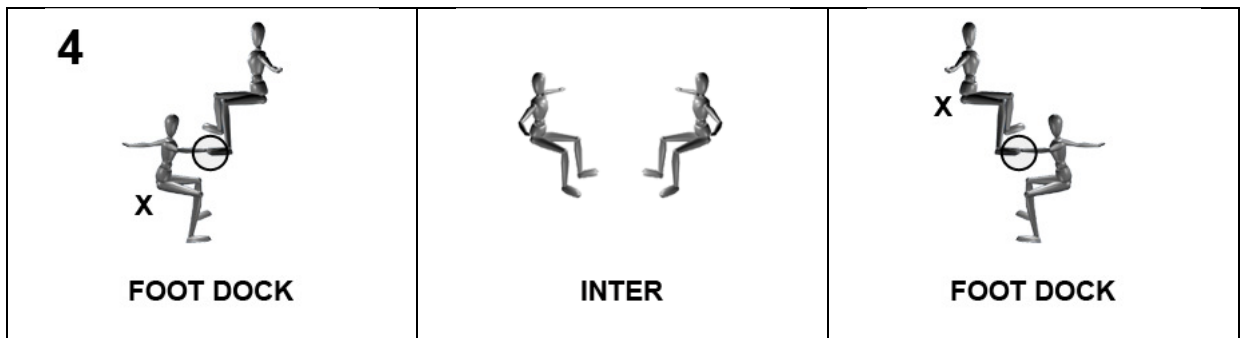
2

 <p>SHORTY</p>	 <p>INTER</p>	 <p>SHORTY</p>
--	---	--

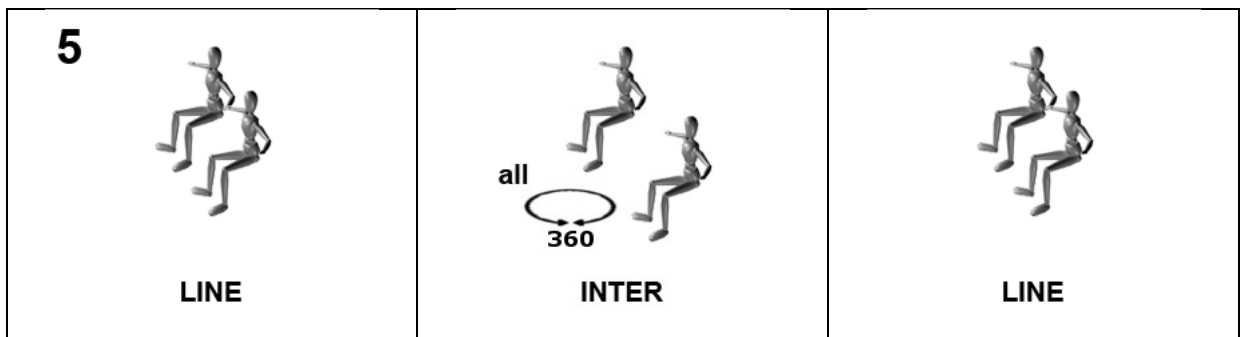
Performer A takes single leg grip on Performer B (right arm to left leg or left arm to right leg). Release, carve 360 degrees around Performer B & return to repeat the original formation.



Single arm grip (left-to- right or right-to- left). Release, both transition (forward or backward) then return to repeat original formation.



Performer A takes single foot grip on Performer B's opposite foot. Release, then Performer B takes single foot grip on Performer A's opposite foot (this does not need to repeat the left/right choice made in the starting formation).



Single arm grip (left-to- right or right-to- left). Release, both rotate 360 degrees in any direction, then return to repeat original formation.