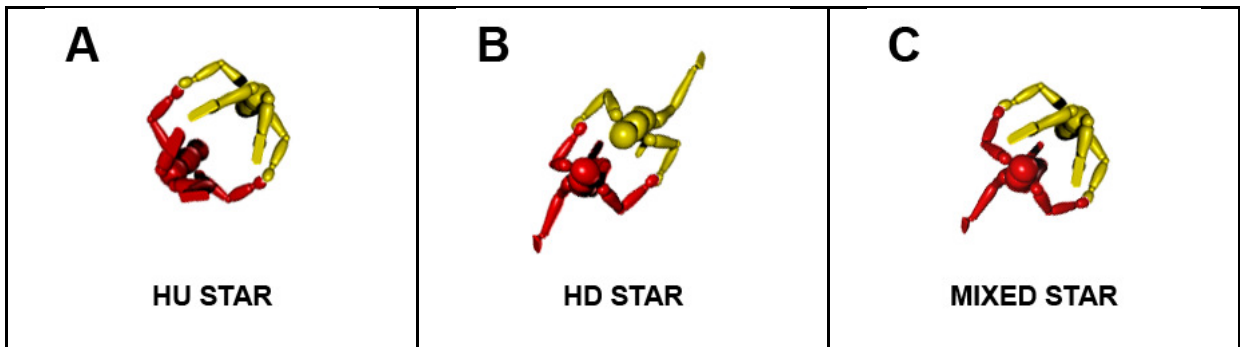


# RANDOMS



One performer head-up, one head-down

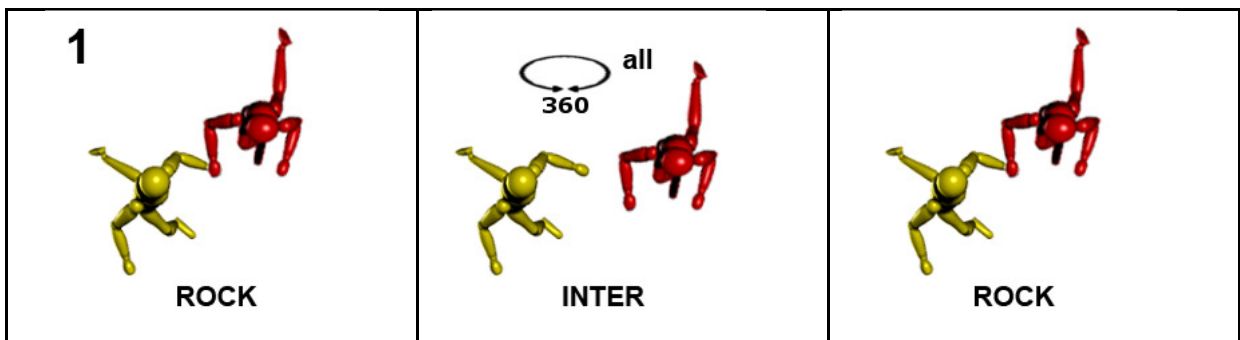


Both head-up, facing each other, one with leg grips on the other

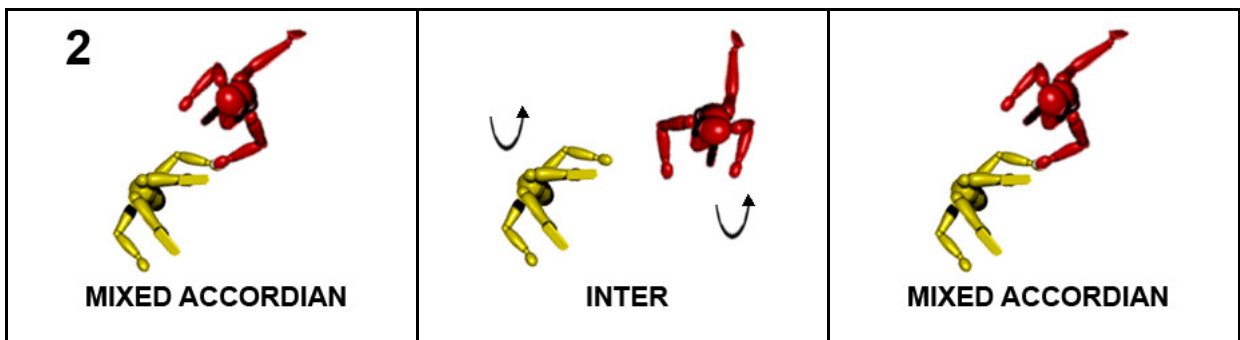
Both head-up, facing each other, one with foot grips on the other

Facing each other, one head-down, with foot grips on the other, wo is head-up.

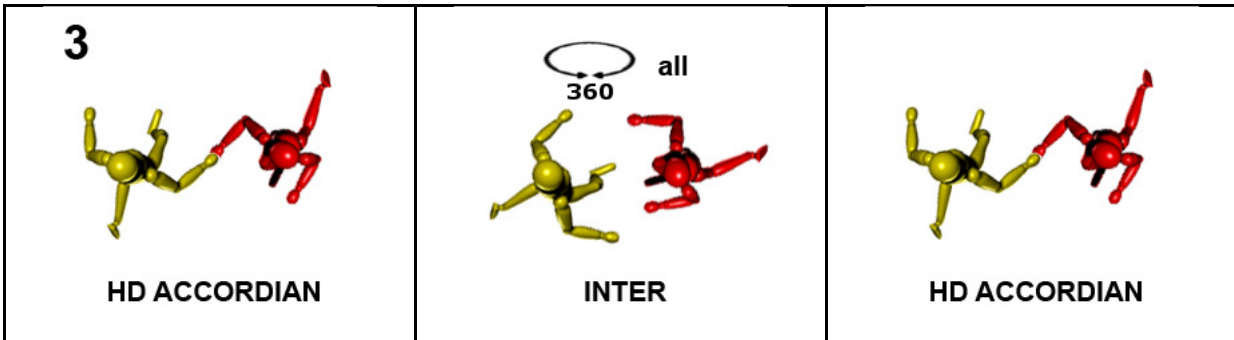
# BLOCKS



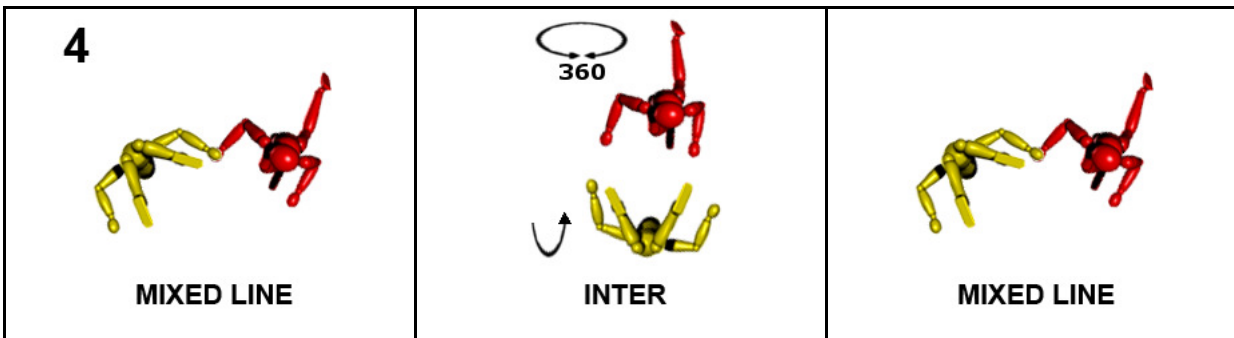
Head-down, single grip on opposite arm. Separate and each do a 360 turn, returning to same formation



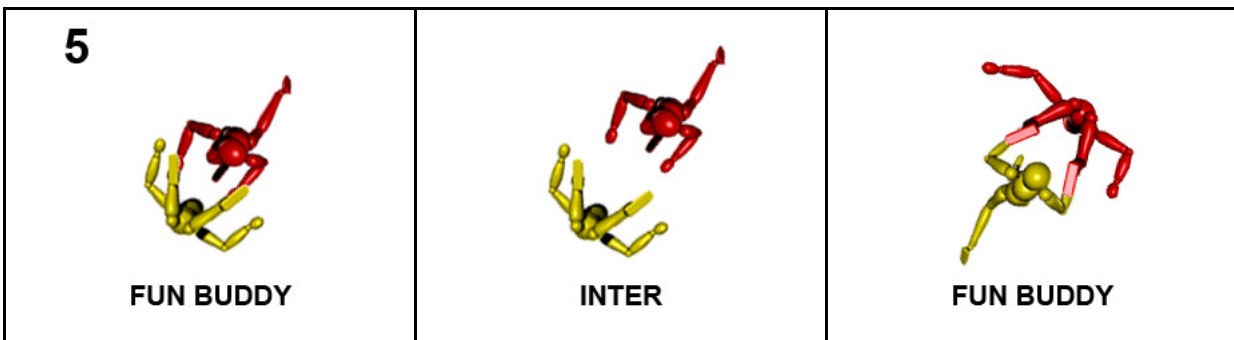
One head-up, one head-down, single grip on opposite arm (left-right / right-left). Separate, reverse orientation (180 degree vertical transition) and **repeat original grip** in swapped vertical orientation.



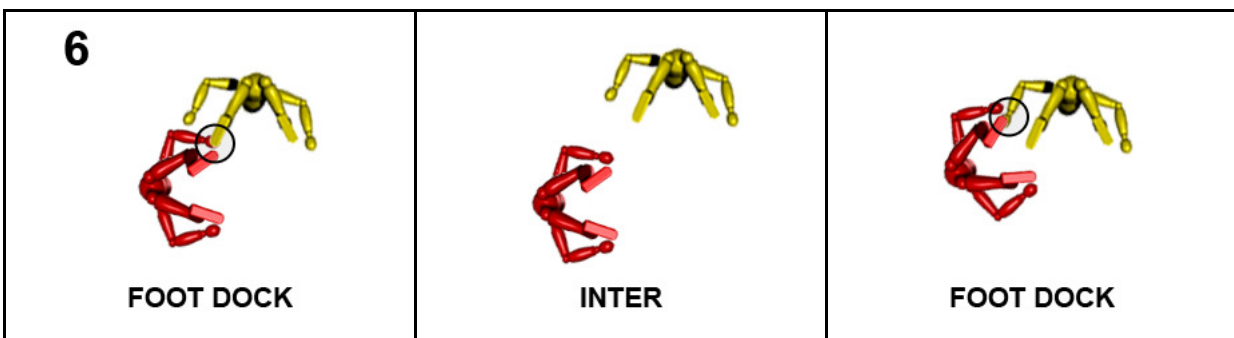
Both head-down, single grip on same arm (left-left / right-right). Separate, each do 360 degree rotation to repeat original formation.



One head-up, one head-down, single grip on same arm (left-left / right-right). Separate, HD performer rotates 360 without changing orientation and HU performer completes a full flip back to head up orientation. Repeat original formation.



Facing each other, one head-up and one head-down with double leg grips on HU performer. Separate, reverse orientation (180 degree vertical transition) and **repeat original formation** in switched positions (HD performer taking leg grips on HU performer).

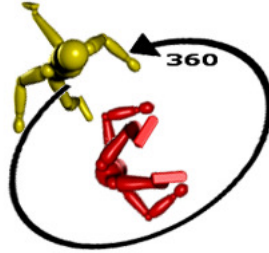


Both head-up with a single foot dock (left hand on right foot or right hand on left foot). Separate then switch roles. Dock may be made on either side, provided it is left hand on right foot or right hand on left foot.

7



**SHORTY**



**INTER**



**SHORTY**

One head-up, one head-down with single leg grip on HU performer's same leg (right-right or left left). Separate, HD performer curves around HU performer (passing behind then in front of him/her), then **repeat original formation**.