



CBTF LEVEL C & B COMPULSORY MOVES

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LEVEL C COMPULSORY #1

RH VERTICAL FINGER TWIRL SERIES

Starting Position

- RH (TTB), Match Hand Pass (MHP) behind back
- Feet together, facing Wall 5

Entrance

- RH Figure 8 Flourish Whip combination (extending R arm on Flourish, bending arm and hiding whip behind back)
- LH on hip throughout entire compulsory move (wrist straight and fingers together)
- Head, shoulders and hips are square to the front throughout the entire compulsory move

Nucleus

- Fingers 1-2 to the back with the R arm extended diagonally upward in the athlete's "1 o'clock" position
- Keeping the PU, rotate the ball in a circular motion to the center front of the body
- Fingers 2-1 (between the hip and shoulder level)
- Fingers 1-2 to the back with the R arm extended diagonally upward in the athlete's "1 o'clock" position
- Keeping the PU, rotate the ball in a circular motion to the center front of the body
- Fingers 2-1 (between the hip and shoulder level)
- Slide LF out to L side to execute a R lunge in 2nd position facing front, Fingers 1-8 with the RA extended diagonally upward in the athlete's "1 o'clock" position

Exit

- Lift and step onto LF while executing a RH Figure 8 Flourish (extending R arm on Flourish)
- Close RF into LF while placing B behind back in MHP position

Ending Position

- RH (TTB), MHP position behind back
- Feet together, facing Wall 5

LEVEL C COMPULSORY #2

LH VERTICAL FINGER TWIRL SERIES

Starting Position

- LH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- LH Reverse Figure 8 Flourish Whip combination (extending L arm on Flourish, bending arm and hiding whip behind back)
- RH on hip throughout entire compulsory move (wrist straight and fingers together)
- Head, shoulders and hips are square to the front throughout the entire compulsory move

Nucleus

- One (1) Reverse Figure 8 loop on the outside of the L arm
- Fingers 1-2 to the front, PU center front of the body (between the hip and shoulder level)
- Keeping the PU, rotate the ball in a circular motion to the back of the body
- Fingers 2-1 to the back with the L arm extended diagonally upward in the athlete's "11 o'clock" position
- Keeping the PU, rotate the ball in a circular motion to the center front of the body
- Fingers 1-2 center body (between shoulder and hip level)
- Extend L arm down and push off with RF facing front to execute one spin to the left
- Fingers 2-1 up high at the back (during spin) with LA extended diagonally up
- Slide RF out to RS to execute a L lunge in 2nd position facing front, fingers 1-8 with the L arm extended in the athletes' "11 o'clock" position

Exit

- Draw RF into LF while pulling LA down and placing B behind back in MHP position

Ending Position

- LH (TTB), MHP position behind back
- Feet together, facing Wall 5

LEVEL C COMPULSORY #3

RH HORIZONTAL FINGER TWIRL SERIES

Starting Position

- RH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH swings out horizontally from the R side to center front of body at shoulder level
- One (1) RH Horiz. Figure 8 at center of body (loop "under" at waist level and "over" above head level)
- LH on hip throughout entire compulsory move (wrist straight and fingers together)
- Head, shoulders and hips are square to the front throughout the entire compulsory move

Nucleus

- All Finger Twirls are executed center body (distance between shoulders)
- Fingers 1-2 at hip level maintaining correct posture
- Lift B upwards (looping B under arm)
- Fingers 2-1 with arm extended diagonally up
- Fingers 1-2 at hip level maintaining correct posture
- Lift B upwards (looping B under arm)
- Fingers 2-1 with arm extended diagonally up
- Fingers 1-8 at hip level (center body), stepping L on LF and placing the RF in the spin position with the R toe touching the floor

Exit

- MHP in front at chest, shoulder level to LH (elbows bent and over top of B) while stepping R with RF
- Pass behind back from L side to MHP position behind back while closing LF into RF

Ending Position

- RH (TTB), MHP position behind back
- Feet together, facing Wall 5

LEVEL C COMPULSORY #4

LH HORIZONTAL FINGER TWIRL SERIES

Starting Position

- LH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH swings out horizontally from the R side to center front of body at shoulder level
- MHP in front at chest (elbows bent and over top of B)
- One (1) LH Horiz. Figure 8 at center of body (loop "over" head and "under" at waist level)
- RH on hip throughout entire compulsory move (wrist straight and fingers together)
- Head, shoulders and hips are square to the front throughout the entire compulsory move

Nucleus

- All Finger Twirls are executed center body (distance between shoulders)
- Fingers 1-2 with arm extended diagonally up
- Scoop B down (looping under LA) to hip level
- Fingers 2-1 at hip level maintaining correct posture
- Lift B upwards
- Fingers 1-2 with arm extended diagonally up
- Scoop B down (looping under LA) to hip level
- Fingers 2-1 at hip level maintaining correct posture
- Fingers 1-8 with hand directly overhead, stepping L on LF, placing the RF in the spin position with the R toe touching the floor

Exit

- Pull B down, ball leading, while stepping R with RF
- Pass behind back from L side to MHP position behind back while closing LF into RF

Ending Position

- LH (TTB), MHP position behind back
- Feet together, facing Wall 5

LEVEL C COMPULSORY #5

RH FISHTAIL SERIES

Starting Position

- RH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH Figure 8 Flourish Whip combination (extending R arm on Flourish, bending arm and hiding whip behind back)
- Head, shoulders and hips are square to the front
- LH on hip throughout entire compulsory move (wrist straight and fingers together)

Nucleus

- One (1) Figure 8 Flourish (extending R arm on Flourish) while executing a $\frac{1}{4}$ pivot turn right to face Wall 8 with feet moving into Ballet 3rd position; move RH slightly up from center of baton on outside loop of the Figure 8 Flourish
- Execute two (2) complete Fishtails (4 cts); R arm extended at shoulder level for Fishtails - extended fingers of RH are closed or slightly apart
- Grab B in RH, TTB at front ("backhand")

Exit

- Lift and step onto LF to face front while executing a RH Figure 8 Flourish (extending R arm up on Flourish)
- Close RF into LF while placing B behind back in MHP position

Ending Position

- RH (TTB), MHP position behind back
- Feet together, facing Wall 5

LEVEL C COMPULSORY #6

LH FISHTAIL SERIES

Starting Position

- LH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- LH Figure 8 Flourish Whip combination (extending L arm on Flourish, bending arm and hiding whip behind back). Move LH slightly up from center of baton on outside loop of the Figure 8 Flourish.
- Head, shoulders and hips are square to the front
- RH on hip throughout entire compulsory move (wrist straight and fingers together)

Nucleus

- Extend L arm to bring B "up and over" while executing a $\frac{1}{4}$ pivot turn R to face Wall 8, with feet moving into Ballet 3rd position
- Complete one (1) LH Forward Vert. Figure 8
- Execute two (2) complete Fishtails (4 cts) - L arm extended at shoulder level for Fishtails; extended fingers of LH are closed or slightly apart
- Grab B in LH, TTB at back ("backhand")

Exit

- Lift and step onto LF to face front while executing a LH Forward Vert. Figure 8
- Close RF into LF while placing B behind back in MHP position

Ending Position

- LH (TTB), MHP position behind back
- Feet together, facing Wall 5

LEVEL C COMPULSORY #7

DOUBLE ELBOW ROLL

Starting Position

- RH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- One (1) RH Figure 8 Flourish (extending R arm on Flourish)
- LH on hip throughout entire compulsory move (wrist straight and fingers together)
- Head, shoulders and hips are square to the front throughout the entire compulsory move

Nucleus

- Continue circling B CW under L arm which is bent and lifted parallel to floor, fingertips touching the RS
- Roll B over the L upper arm and forearm, allowing the ball to dip between elbows; the tip rolls over the R forearm and upper arm
- Catch LH (TTT)

Exit

- MHP overhead
- Step R onto RF while executing a RH Figure 8 Flourish (extending R arm on Flourish)
- Close LF into RF while placing B behind back in MHP position

Ending Position

- RH (TTB), MHP position behind back
- Feet together, facing Wall 5

LEVEL C COMPULSORY #9

RH VERTICAL THUMB TOSS, CATCH LH

Starting Position

- RH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH Figure 8 Flourish Whip combination (extending R arm on Flourish, bending arm and hiding whip behind back); head, shoulders and hips are square to the front
- LH on hip (wrist straight and fingers together)

Nucleus

- RH Thumb Toss from center of B and body (2-3 revolutions), feet remain together in Jazz 1st
- Both hands on hips (wrists straight and fingers together)
- Catch B in LH, center B and body, while stepping forward on the RF and sliding the LF back into a RL lunge in 4th position facing front
- RH remains on hip

Exit

- Follow through from catch by shifting weight to LF and spinning L (pulling RF in to L ankle in the spin position), LH Figure 8 Flourish (extending L arm on Flourish) at the back
- Step R onto RF and close LF into RF while placing B behind back in MHP position

Ending Position

- RH (TTB or TTT), MHP position behind back
- Feet together, facing Wall 5

LEVEL C COMPULSORY #10

LH VERTICAL BACK HAND TOSS, RH BACK HAND CATCH

Starting Position

- LH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- LH Reverse Figure 8 Flourish Whip combination (extending L arm on Flourish, bending arm and hiding whip behind back)
- Head, shoulders and hips are square to the front
- RH on hip (wrist straight and fingers together)

Nucleus

- LH back hand release from center of B and body (2-3 revolutions)
- Both hands on hips (wrists straight and fingers together)
- Turn body to Wall 6
- Slide LF back to Wall 8 to execute a RL lunge in 4th position facing Wall 6
- Catch B RH Backhand, center B, R arm extended down, head looking front over RS
- LH remains on hip

Exit

- RH Figure 8 Flourish (extending RA on Flourish) while stepping LF to L side
- LH on hip (wrist straight and fingers together)
- Close RF into LF while placing B behind back in MHP position

Ending Position

- RH (TTB or TTT), MHP position behind back
- Feet together, facing Wall 5

LEVEL C COMPULSORY #13

LH HORIZONTAL TOSS, RH GRAB

Starting Position

- LH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH swings out horizontally from the R side to center front of body at shoulder level
- MHP in front at chest (elbows bent and over top of B)
- Center body LH Horiz. Figure 8 (loop "over" head level and "under" at waist level)
- RH on hip (wrist straight and fingers together)
- Head, shoulders and hips are square to the front throughout the entire compulsory move

Nucleus

- LH Horiz. Toss (2-3 revolutions) at center of body and B
- Place arms in crossed position at shoulder level with LA on top and RA under, feet in jazz 1st position releve
- Catch B in RH, center body, with R arm extended to the front at shoulder level and RF extended forward; LH is extended to Wall 6.

Exit

- RF pushes off and pulls into L ankle to complete a spin to the L while sliding B to the end and passing mid-shaft behind back to LH which is placed Backhand on L hip
- Step R on RF and close LF into RF while doing a MHP behind back

Ending Position

- RH (TTB or TTT), MHP position behind back
- Feet together, facing Wall 5

LEVEL B COMPULSORY #1

RH VERTICAL FINGER TWIRL SERIES

Starting Position

- RH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH Figure 8 Flourish Whip combination (extending R arm on Flourish, bending arm and hiding whip behind back)
- Head, shoulders and hips are square to the front
- LH on hip throughout entire compulsory move (wrist straight and fingers together)

Nucleus

- Fingers 1-2 to the back with the R arm extended in athletes' "1 o'clock" position while executing a RL lunge in 2nd position, facing front by pushing LF out to L side
- Keeping the PU, rotate the ball in a circular motion to the center front of the body while lifting and stepping onto LF, placing RF tight against L ankle in the spin position
- Fingers 2-1 center body (between the hip and shoulder level)
- Rotate ball down in front and up towards back while executing a ¼ turn to face Wall 6 and finishing in a LL lunge in 4th position
- Fingers 1-2 reverse pull over head (LS to RS) while shifting weight to a RL lunge in 2nd position facing front
- Fingers 2-1 on the inside of the R arm below hip level at the back while turning R on ball of RF and crossing LF in front of RF when facing the back. Head and torso pulled up. Continue turning R by pivoting on balls of both feet.
- Step out with RF into R lunge in 2nd position facing front
- Fingers 1-8 with the R arm extended in the athletes' "1 o'clock" position

Exit

- Lift and step onto LF while executing a RH Figure 8 Flourish (extending R arm on Flourish)
- Close RF into LF while placing B behind back in MHP position

Ending Position

- RH (TTB), MHP position behind back
- Feet together, facing Wall 5

LEVEL B COMPULSORY #2

LH VERTICAL FINGER TWIRL SERIES

Starting Position

- LH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- LH Reverse Figure 8 Flourish Whip combination (extending L arm on Flourish, bending arm and hiding whip behind back)
- Head, shoulders and hips are square to the front
- RH on hip throughout entire compulsory move (wrist straight and fingers together)

Nucleus

- One (1) Reverse Figure 8 loop on the outside of the L arm, bring B up and over while pushing LF out to L side to execute a RL lunge in 4th position facing Wall 8
- Complete one (1) Forward LH Figure 8. As the ball dips to the front, shift to a LL lunge in 2nd position facing front, fingers 1-2
- Reverse Finger Twirl: 2-1 pulling over head while shifting weight to a RL lunge in 4th position facing Wall 8
- Transfer weight to ball of LF (in Relevé), place RF tight beside L ankle in the spin position, fingers 1-2 center body (between shoulder and hip level)
- Extend L arm down and push off with RF facing front to execute one spin to the left
- Fingers 2-1 up high at the back (during spin) with LA extended diagonally up
- Slide RF out to RS to execute a L lunge in 2nd position facing front, fingers 1-8 with the L arm extended in the athletes' "11 o'clock" position

Exit

- Draw RF into LF while swinging L arm down and placing B behind back in MHP position

Ending Position

- LH (TTB), MHP position behind back
- Feet together, facing Wall 5

LEVEL B COMPULSORY #3

RH HORIZONTAL FINGER TWIRL SERIES

Starting Position

- RH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH swings out horizontally from the R side to center front of body at shoulder level
- Center body RH Horiz. Figure 8 (loop "under" at waist level and "over" head)
- LH on hip throughout entire compulsory move (wrist straight and fingers together)
- Head, shoulders and hips are square to the front throughout the entire compulsory move

Nucleus

- All Finger Twirls are executed center body (based on distance between shoulders)
- Slide RF out to R side to execute a LL lunge in 2nd position facing front. Fingers 1-2 at hip level maintaining correct posture.
- Lift B upwards (looping B under arm), slide RF in to LF
- Fingers 2-1 with arm extended diagonally up, feet together
- Slide LF out to L side to execute a RL lunge in 2nd position facing front. Fingers 1-2 at hip level maintaining correct posture.
- Lift B upwards (looping B under arm), slide LF in to RF
- Fingers 2-1 with arm extended diagonally up, feet together
- Fingers 1-8 at hip level (center body), stepping L on LF, placing the RF in the spin position (flat foot) with the R toe touching the floor

Exit

- MHP in front at chest, shoulder level (elbows bent and over top of B) while stepping R with RF
- Pass behind back from L side to a MHP position behind back while closing LF into RF

Ending Position

- RH (TTB), MHP position behind back
- Feet together, facing Wall 5

LEVEL B COMPULSORY #4

LH HORIZONTAL FINGER TWIRL SERIES

Starting Position

- LH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH swings out horizontally from the R side to center front of body at shoulder level
- MHP in front at chest (elbows bent and over top of B)
- Center body LH Horiz. Figure 8 (loop "over" head and "under" at waist level)
- RH on hip throughout entire compulsory move (wrist straight and fingers together)
- Head, shoulders and hips are square to the front throughout the entire compulsory move

Nucleus

- All Finger Twirls are executed center body (distance between shoulders)
- Fingers 1-2 with arm extended diagonally up, feet together
- Scoop B down to hip level while sliding RF out to R side to execute a LL lunge in 2nd position, Fingers 2-1 at hip level maintaining correct posture
- Lift B upwards, sliding RF into LF
- Fingers 1-2 with arm extended diagonally up, feet together
- Scoop B down to hip level while sliding LF out to L side to execute a RL lunge in 2nd position, Fingers 2-1 at hip level maintaining correct posture
- Lift B upwards, shifting weight to LF (flat foot), placing RF tightly against the L ankle in the spin position with the R toe touching the floor, Fingers 1-8 with hand directly over head

Exit

- Pull B down, ball leading, while stepping R with RF
- Pass behind back from L side to a MHP position behind back while closing LF into RF

Ending Position

- LH (TTB), MHP position behind back
- Feet together, facing Wall 5

LEVEL B COMPULSORY #5

RH FISHTAIL SERIES

Starting Position

- RH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH Figure 8 Flourish Whip combination (extending R arm on Flourish, bending arm and hiding whip behind back)
- Head, shoulders and hips are square to the front
- LH on hip throughout entire compulsory move (wrist straight and fingers together)

Nucleus

- Figure 8 Flourish (extending R arm on Flourish) while pushing LF out to L side to execute a RL lunge in 4th position facing Wall 8. Move RH slightly up from center of baton on outside loop of the Figure 8 Flourish.
- Execute two (2) complete Fishtails (4 counts). R arm extended at shoulder level for Fishtails. Extended fingers of RH closed or slightly apart.
- Grab B RH, TTB at front ("backhand")

Exit

- On reception, lift and step onto LF to face front while executing a RH Figure 8 Flourish (extending R arm on Flourish)
- Close RF into LF while placing B behind back in a MHP position

Ending Position

- RH (TTB), MHP position behind back
- Feet together, facing Wall 5

LEVEL B COMPULSORY #6

LH FISHTAIL SERIES

Starting Position

- LH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- LH Figure 8 Flourish Whip combination (extending L arm on Flourish, bending arm and hiding whip behind back). Move LH slightly up from center of baton on outside loop of the Figure 8 Flourish.
- Head, shoulders and hips are square to the front
- RH on hip throughout entire compulsory move (wrist straight and fingers together)

Nucleus

- Extend L arm to bring B "up and over" while pushing LF out to L side to execute a RL lunge in 4th position facing Wall 8
- Complete one (1) LH Forward Vertical Figure 8
- Execute two (2) complete Fishtails (4 counts). L arm extended at shoulder level for Fishtails. Extended fingers of LH closed or slightly apart.
- Grab B LH, TTB at back ("backhand")

Exit

- On reception, lift and step onto LF to face front while executing a LH Forward Vert. Figure 8
- Close RF into LF while placing B behind back in MHP position

Ending Position

- LH (TTB), MHP position behind back
- Feet together, facing Wall 5

LEVEL B COMPULSORY #7

DOUBLE ELBOW ROLL, RIGHT ARM LAYOUT

Starting Position

- RH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH Figure 8 Flourish (extending R arm on Flourish)
- LH on hip (wrist straight and fingers together)
- Head, shoulders and hips are square to the front

Nucleus

- Continue circling B clockwise under L arm which is bent and lifted parallel to floor, fingertips touching the RS
- Double elbow roll into R arm layout (must be between Corner 1 and Wall 8) while stepping RF to R side. LH on hip.

Exit

- Continue turning R by stepping LF to R side, swinging R arm down at the back
- Complete turn by stepping RF to R side with RH Figure 8 Flourish (extending R arm on Flourish)
- Close LF into RF while placing B behind back in a MHP position

Ending Position

- RH (TTB), MHP position behind back
- Feet together, facing Wall 5

LEVEL B COMPULSORY #8

1½ CONTINUOUS BACK NECK ROLLS

Starting Position

- RH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH swings out horizontally from the R side to center front of body at shoulder level
- Center body RH Horiz. Wrist Twirl at shoulder level
- Center body RH Horiz. Figure 8 (loop "under" at waist level and "over" head)
- LH on hip (wrist straight and fingers together)
- Head, shoulders and hips are square to the front

Nucleus

- Step with LF to Corner 2 while placing B on L side of neck
- 1½ continuous flat neck rolls (starting from L side of neck, to R side of neck, to L side of neck, to R side of neck)
- Footwork done in an arc, arms extended back at sides
- Take B palm down with the LH at RS, while stepping onto LF facing back (between Corner 4 and Wall 8), extend R arm at R side, parallel to floor at shoulder level

Exit

- Turn L to face front, step RF to R side while executing a LH Horiz. Figure 8 over head
- Pass behind back from L side to MHP position behind back while closing LF into RF

Ending Position

- RH (TTT), MHP position behind back
- Feet together, facing Corner 1

LEVEL B COMPULSORY #9

RH VERTICAL THUMB TOSS, ONE (1) SPIN LEFT, CATCH LH

Starting Position

- RH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH Figure 8 Flourish Whip combination (extending R arm on Flourish, bending arm and hiding whip behind back)
- Head, shoulders and hips are square to the front
- LH on hip (wrist straight and fingers together)

Nucleus

- RH Thumb Toss from center of B and body (2-3 revolutions) while extending RF to the front
- Push off with ball of RF to complete a one (1) spin (RF placed tightly against L ankle in the spin position) to the L
- Both hands on hips during spin (wrists straight and fingers together)
- Catch B in LH center B and body while stepping forward on the RF and sliding the LF back into a RL lunge in 4th position facing front
- RH remains on hip

Exit

- Follow through from catch by shifting weight to LF and spinning L (pulling RF in to L ankle in the spin position), LH Figure 8 Flourish (extending L arm on Flourish) at the back
- Step R onto RF and close LF into RF while placing B behind back in MHP position

Ending Position

- RH (TTB or TTT), MHP position behind back
- Feet together, facing Wall 5

LEVEL B COMPULSORY #10

LH VERTICAL BACK HAND TOSS, RH BACK HAND CATCH

Starting Position

- LH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- LH Reverse Figure 8 Flourish Whip combination (extending L arm on Flourish, bending arm and hiding whip behind back)
- Head, shoulders and hips are square to the front
- RH on hip (wrist straight and fingers together)

Nucleus

- LH back hand release from center of B and body (2-3 revolutions)
- Both hands on hips (wrists straight and fingers together)
- Full CCW circle of R arm while sliding LF back to Wall 8 to execute a RL lunge in 4th position facing Wall 6
- Catch B RH Backhand, center B, R arm extended down, head looking front over RS
- LA raises up with palm facing Wall 7

Exit

- RH Figure 8 Flourish (extending RA on Flourish) while stepping LF to L side
- LH on hip (wrist straight and fingers together)
- Close RF into LF while placing B behind back in MHP position

Ending Position

- RH (TTB or TTT), MHP position behind back
- Feet together, facing Wall 5

LEVEL B COMPULSORY #11

RH VERTICAL THUMB TOSS, ½ TURN LEFT, LH BLIND CATCH

Starting Position

- RH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH Figure 8 Flourish Whip combination (extending R arm on Flourish, bending arm and hiding whip behind back)
- Head, shoulders and hips are square to the front
- LH on hip (wrist straight and fingers together)

Nucleus

- RH Thumb Toss from center of B and body (1-2 revolutions) while extending RF to the front
- Push off with ball of RF to complete a ½ turn to face the back
- Both hands placed at sides of hips, palms against body, fingers together in downward position
- Slide RL back to execute a LL lunge in 4th position facing back
- LH blind catch (LH above LS close to L ear, L arm bent, last eye contact with B is off RS) center B
- RH remains on hip

Exit

- MHP while turning R to face front
- Figure 8 Flourish (extending RA on Flourish) while stepping on RF to R side, L arm extended to form a "V"
- Close LF into RF while placing B behind back in MHP position

Ending Position

- RH (TTB or TTT), MHP position behind back
- Feet together, facing Wall 5

LEVEL B COMPULSORY #12

RH VERTICAL THUMB TOSS, CHAÎNÉ TURN RIGHT, RH BACK CATCH

Starting Position

- RH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH Figure 8 Flourish Whip combination (extending R arm on Flourish, bending arm and hiding whip behind back)
- Head, shoulders and hips are square to the front
- LH on hip (wrist straight and fingers together)

Nucleus

- RH Thumb Toss from center of B and body (1-2 revolutions) while beginning a Chainé turn to the R by stepping on RF to R side
- Place both hands crossed at small of back below hip level, RH on top, during Chainé turn (wrists straight and fingers together)
- Step on LF to R side and catch B in RH on back, center B and body. Head shoulders and hips are squared to the back on reception.
- L arm swings out to Wall 8 (parallel to floor) on reception

Exit

- Continue turning R to face front and step R onto RF while executing a Fig. 8 Flourish (extending R arm on Flourish)
- L arm remains extended to side at shoulder level
- Close LF into RF while placing B behind back in MHP position

Ending Position

- RH (TTB or TTT), MHP position behind back
- Feet together, facing Wall 5

LEVEL B COMPULSORY #13

LH HORIZONTAL TOSS, ONE (1) SPIN LEFT, RH GRAB

Starting Position

- LH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH swings out horizontally from the R side to center front of body at shoulder level
- MHP in front at chest (elbows bent and over top of B)
- Center body LH Horiz. Figure 8 (loop "over" head and "under" at waist level)
- RH on hip (wrist straight and fingers together)
- Head, shoulders and hips are square to the front

Nucleus

- LH Horiz. Toss (2-3 revolutions) center body and B while extending RF to the front
- Push off with ball of RF to complete a one (1) spin (RF placed tightly against L ankle in the spin position) to the L
- Cross arms at shoulder level in front, L arm on top, R arm under (hands at elbows)
- Catch B in RH, center body, with R arm extended to the front at shoulder level and RF extended forward
- L arm extended to L side, parallel to floor, on reception

Exit

- RF pushes off and pulls into L ankle to complete a one (1) spin to the L while sliding B to the end and passing mid-shaft behind back to LH which is placed backhand on L hip
- Step R on RF and close LF into RF while doing MHP behind back

Ending Position

- RH (TTB or TTT), MHP position behind back
- Feet together, facing Wall 5

LEVEL B COMPULSORY #14

RH HORIZONTAL TOSS, RH BACK HAND CATCH

Starting Posit(ion)

- RH TTB, MHP behind back
- Feet together, facing Wall 5

Entrance

- RH swings out horizontally from the R side to center front of body at shoulder level
- Head, shoulders and hips are square to the front
- Center body, two (2) RH Horiz. Wrist Twirls at shoulder level
- LH on hip (wrist straight and fingers together)

Nucleus

- RH Horiz. Toss, center B, center body (1-2 revolutions)
- LH remains on hip
- ¼ turn to face Wall 6
- RH back hand catch, center of B, at shoulder level
- Slide LF back to Wall 8 to execute a RL lunge in 4th position while lowering R arm to a 45° angle
- Look front, over RS on catch

Exit

- Extend RL while shifting weight to LL facing back
- Pull B up to R side while executing one RH Horiz. Wrist Twirl
- Continue turning left to face front by stepping RF to R side
- MHP in front at chest, shoulder level (elbows bent and over top of B)
- Pass behind back from L side to MHP position behind back while closing LF into RF

Ending Position

- RH (TTB or TTT), MHP position behind back
- Feet together, facing Wall 5

LEVEL B COMPULSORY #15

LH HORIZONTAL TOSS, ½ TURN RIGHT, CATCH RH ON BACK

Starting Position

- LH (TTB), MHP behind back
- Feet together, facing Wall 5

Entrance

- RH swings out horizontally from the R side to center front of body at shoulder level
- MHP in front at chest (elbows bent and over top of B)
- Center body LH Horiz. Figure 8 (loop "over" head and "under" at waist level)
- RH on hip (wrist straight and fingers together)
- Head, shoulders and hips are square to the front

Nucleus

- Extend LF forward while executing a LH Horiz. Toss (2-3 revolutions) center body and B
- Place both hands on hips (wrist straight and fingers together)
- ½ turn to the R
- Push LL back to finish in a RL lunge in 4th position facing back
- Catch B in RH, center body and center back
- L arm extended forward (diagonally upward)

Exit

- Step on LF turning R to face front while executing a Vert. Flourish (extending R arm on Flourish)
- Step R on RF and close LF into RF while doing MHP behind back

Ending Position

- RH (TTB or TTT), MHP position behind back
- Feet together, facing Wall 5