



Station	Ex no.	Exercise	Linked
<b>Start</b>			
<b>1</b>	18	Moving side step right	no
<b>2</b>	32	Sit - Send Around - Forward	no
<b>3</b>	29	Turn Right - 1 Step - Sit	no
<b>4</b>	22	Serpentine	no
<b>5</b>	24	Sit - Down - Walk Around	no
<b>6</b>	9	270 right	no
<b>7</b>	14	Call front - finish left	no
<b>8</b>	8	About turn left	no
<b>9</b>	15	Slow pace	no
<b>10</b>	17	Normal pace	no
<b>11</b>	26	360 Left	no
<b>12</b>	16	Fast pace	no
<b>Finish</b>			
<b>Bonus</b>	Bonus Ex 1	Call Front - Side Step Right/Left	