

1-8 eggbeater
1-4 Body boost preparation
5-8 body boost double with double kick
1-8 under the water
1-4 eggbeater
5-8 double eggbeater
1-8 double eggbeater
1-4 double eggbeater
5-8 Normal eggbeater
1-4 side eggbeater
5-8 side flutter kick
1-4 pull down
5-6pike position
7 vertical
1-4 hold vertical
5-6 cross the leg
7-8 Cross the other leg
1-4 vertical
5 flex the right foot
6 flex the left foot
7-8vertical hold
1-4 table tub
5-6 knight position right leg up
7-8 mini kick with the right leg
1-2 hold knight
3-4 walkout front
5-8 +1-2 back layout position
3-4 kick bending the right leg
5-6 front eggbeater
7-8 side eggbeater

1-2 front eggbeater
3-4 bring both arms up
5-6 bring both arms down moving the head front and back
7-8 eggbeater
1-2 side kick
3-4 head rotation back
5-6 eggbeater
7-8 Body boost preparation
1-2 body boost
3-4 body boost rotation and under the water
5-8 +1-6 under the water and barracuda preparation
7-8 barracuda
1-8 barracuda 360spin
1-6 Under the water
7-8 eggbeater
1-4 kick pull kick preparation
5-8 1-4 kick pull kick right arm
5-7 kick pull kick left with head movement to the right side
1-4 eggbeater
5-8 movement with the right arm changing direction
1-8 back layout position
1-2 ballet leg right
3-4 ballet leg left
5-8 back layout position
1-2 right bend knee
3-4 right ballet leg
5-8 right flamingo
1-8 1-6 double ballet leg
7-8 Crash to the left side bending the right leg
1-8 side eggbeater

1-2

3-4 pull down

5-7 pike position

8 table tub

1-2 table rub

3-4 vertical position

5-8 1-4 r7

5-8table tub

1-2vertical

3-4 vertical flexing the right foot

5-8 1-4 vertical descending 720

5-8 180 spin at the ankle High and go under the water

1-6 under the water

7 table tub

1-2 crane position

3-4 crash down

5-8 eggbeater

1-4 side eggbeater

5-8 turn the head

1-4 eggbeater arms to the side