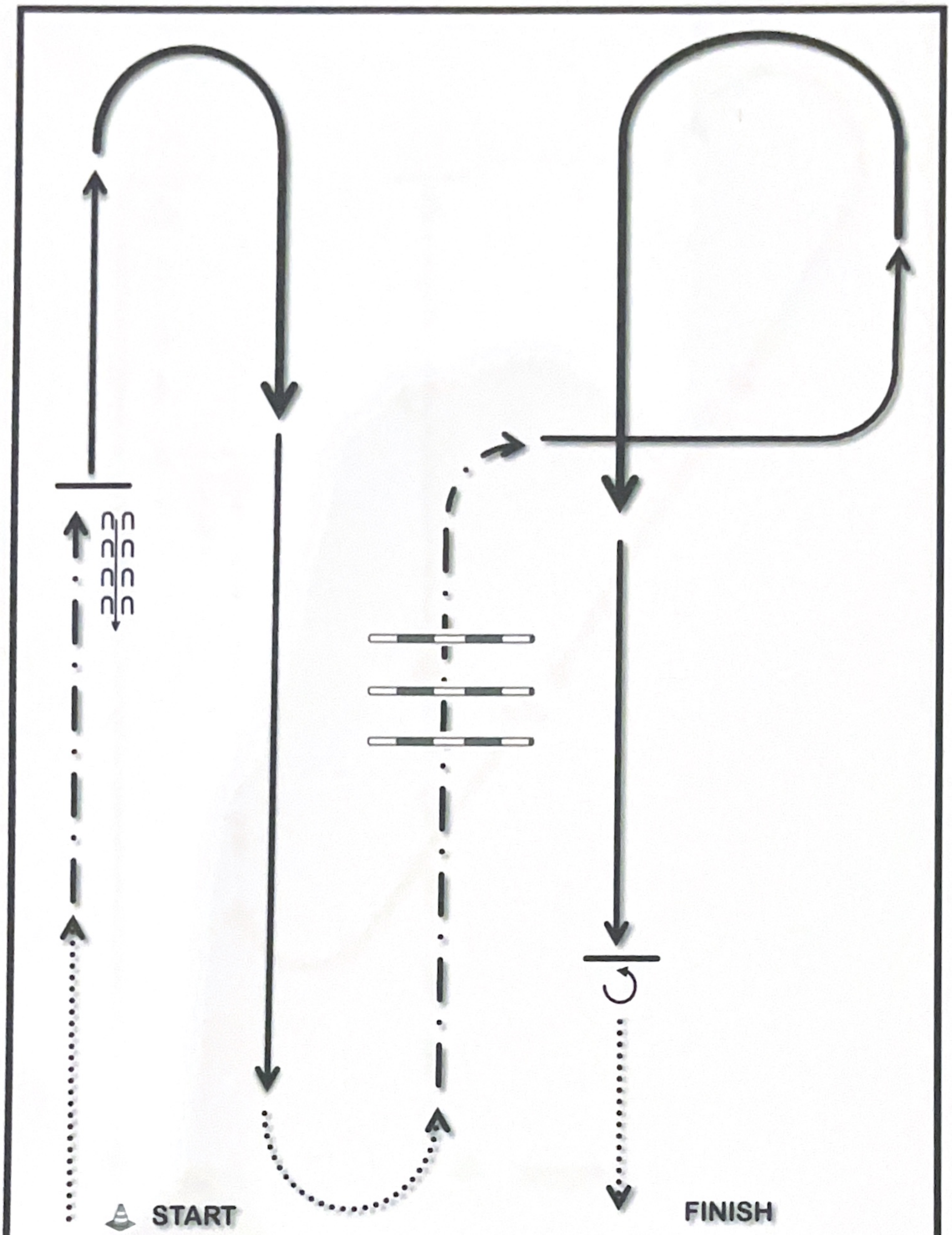
Performance Pleasure Pattern #2



1. Walk, jog, stop
2. Back, lope RL
3. Extend lope around bend
4. Lope, walk
5. Jog, jog over poles, jog a corner
6. Lope LL, extend lope
7. Lope LL, stop 360* left turn, walk to finish.

Walk
Jog
Extend Jog
Lope
Extend lope
Back
Side pass
Turn
xXx Lead change

Patterns Jvm2024