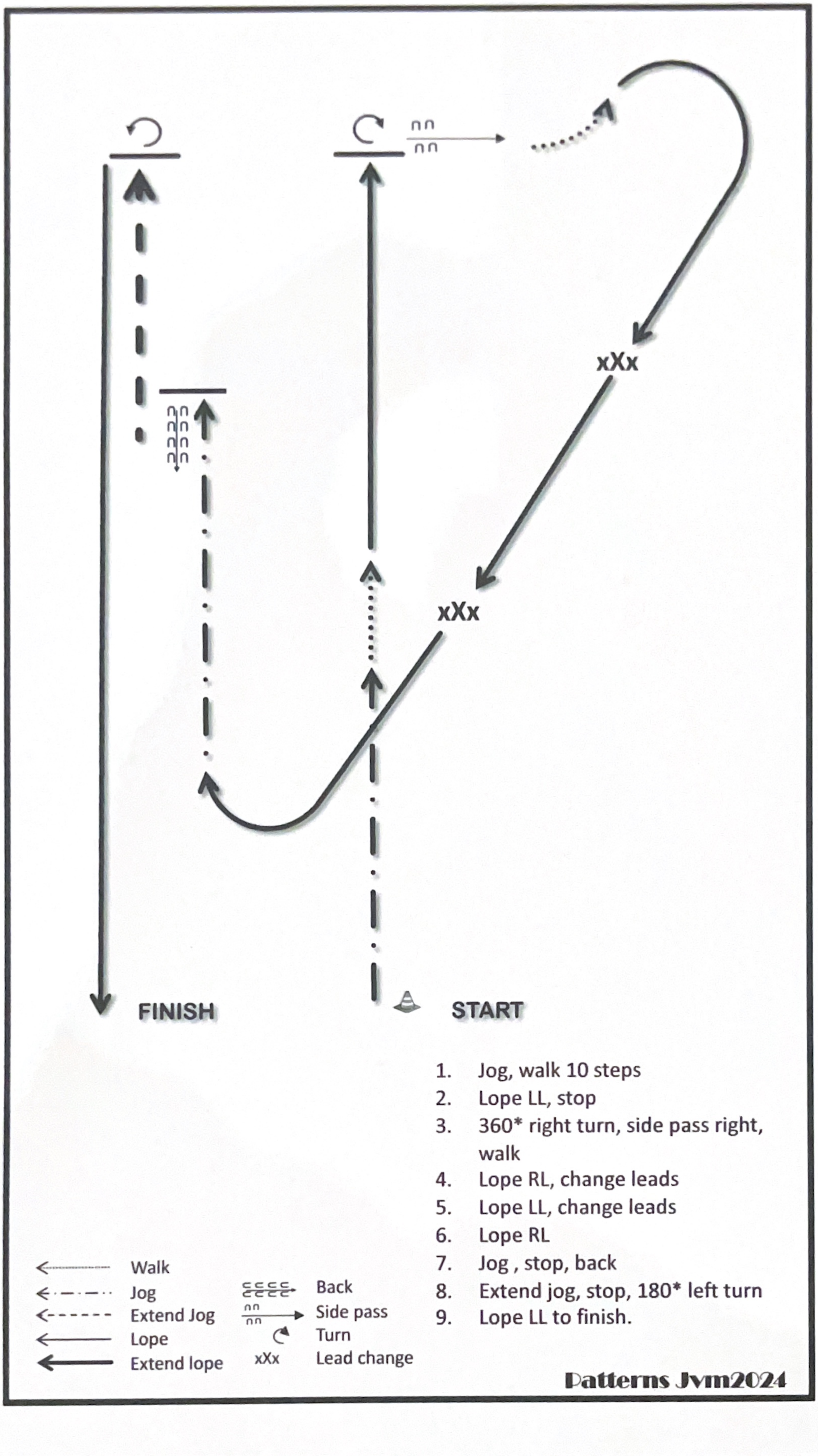
Performance Pleasure Pattern #3



1. Jog, walk 10 steps
2. Lope LL, stop
3. 360* right turn, side pass right, walk
4. Lope RL, change leads
5. Lope LL, change leads
6. Lope RL
7. Jog , stop, back
8. Extend jog, stop, 180* left turn
9. Lope LL to finish.

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

Patterns Jvm2024