

5, 6, 5-6-7-8 – Intro – hold r shoulder (left hand at flag bottom on the butt of the pole near your belly button. The right hand goes below the silk, thumb on top).

- 1-8: Angles
 - 1: Forward Present (45 degree angle forward)
 - 2: R Shoulder (straight up and down)
 - 3: R Present (45 degree angle to the right)
 - 4: R Shoulder
 - 5: Back Present (bottom hand pushes butt forward, top goes back 45 degrees)
 - 6: R Shoulder
 - 7: Left Present (45 degree angle to the left)
 - 8: R Shoulder
- 1-8: Slam Sequence
 - 1-2: R Slam
 - 3-4: R Shoulder
 - 5-6: L Cross Slam (watch video for hand movement)
 - 7-8: R Shoulder
- 1-8: Stirs
 - 1-2: Top Stir (Counter Clockwise)
 - 3-4: Bottom Stir (Counter Clockwise)
 - 5-6: Top Stir
 - 7-8: Bottom Stir
- 1-4: Drop Spins
 - 1 Down
 - 2 Up
 - 3 Down
 - 4 Up
- 5-8: Finish
 - 5: R Shoulder
 - 6: Push Pole Up
 - 7: R Shoulder
 - 8: HOLD AT R SHOULDER

Repeat all counts completely.

That's it – you're done!