

LEVEL 5

*Intermediate*

In level 5 we start crossing the body from right to left even more, as well as changing the height of the ball a lot more.

From the Ground	
<b>1. Right lace, left lace, left thigh, right thigh, head, right lace</b>	
<b>2. Left lace, right lace, right thigh, left thigh, head, left lace</b>	
<b>3. Right lace, head, right outside, right lace</b>	
<b>4. Left lace, head, left outside, left lace</b>	
<b>5. Right lace, right inside, left inside, left lace, head</b>	
<b>6. Left lace, left inside, right inside, right lace, head</b>	
<b>7. Right lace, right heel, head, chest, left lace</b>	
<b>8. Left lace, left heel, head, chest, right lace</b>	
<b>9. Right lace, right shoulder, left thigh, left lace, left shoulder</b>	
<b>10. Left lace, left shoulder, right thigh, right lace, right shoulder</b>	
<b>11. Right Foot stall 5+ counts</b>	
<b>12. Left Foot stall 5+ counts</b>	
<b>13. Right Lace, chest, left thigh, right thigh, left lace, Head</b>	
<b>14. Left Lace, chest, right thigh, left thigh, right lace, Head</b>	
1. Set an outside of the foot record.	
2. Set an inside of the foot record	
<b>15. Set a heading record</b>	
<b>16. Set a new personal juggling record</b>	