

## *LEVEL 6*

	From Ground
<b>1. Right lace, over the head, turn 180, left lace</b>	
<b>2. Left Lace, over the head, turn 180, right lace</b>	
<b>3. Right lace, high in the air, turn 360, right lace</b>	
<b>4. Left lace, high in the air, turn 360, left lace</b>	
<b>5. Right lace, left lace, right outside, over the head, turn 180, left lace</b>	
<b>6. Left lace, right lace, left outside, over the head, turn 180, right lace</b>	
<b>7. Right lace, left lace, right lace, left lace, head, turn 180, chest, right lace.</b>	
<b>8. Left lace, right lace, left lace, right lace, head, turn 180, chest, left lace.</b>	
<b>9. Right lace, right heel, over the head, turn 180, left lace, left lace</b>	
<b>10. Left lace, left heel, over the head, turn 180, right lace, right lace</b>	
<b>11. Right lace, sit on ground, right lace, right lace</b>	
<b>12. Left lace, sit on ground, left lace, left lace</b>	
<b>13. Right foot stall 3 seconds, toss to left foot, left foot stall 3 seconds</b>	
<b>14. Left foot stall 3 seconds, toss to right foot, right foot stall 3 seconds</b>	
<b>15. Right lace, squat or lunge and hit off right knee, stand, right lace</b>	
<b>16. Left lace, squat or lunge and hit off left knee, stand, left lace</b>	
<b>17. Right lace, Head 5x, Left Lace</b>	
<b>18. Set a new personal juggling record.</b>	