

## LEVEL 7

<b>From Ground</b>	
<b>1. Right lace, left lace, right lace 2x, left lace 2x, right lace 3x, left lace 3x</b>	
<b>2. Left lace 3x, right lace 3x, left lace 2x, right lace 2x, left lace, right lace</b>	
<b>3. Right lace, left lace, right lace 2x, left lace 2x, right lace 3x, left lace 3x, Right lace 2x, left lace 2x, right lace, left lace</b>	
<b>4. Left lace, head, right shoulder, head, left shoulder, right lace</b>	
<b>5. Right lace, right inside, right outside, left lace, left inside, left outside</b>	
<b>6. Left lace, left inside, left outside, right lace, right inside, right outside</b>	
<b>7. Right lace, right heel, left heel, right lace</b>	
<b>8. Left lace, left heel, right heel, left lace</b>	
<b>9. From hands, head stall 5+ seconds*</b>	
<b>10. Laces, sit on the ground, keep juggling and stand back up, and juggle 3x</b>	
<b>11. From Hands, Set the ball on the back of your neck and stall it 10+ seconds. **</b>	
<b>12. From Hands, Neck Stall, do a push up with ball on your neck</b>	
<b>13. Right lace, left lace, right lace, trap ball between your knees.</b>	
<b>14. From Hands, set ball on chest and stall for 5+ seconds. ***</b>	
<b>15. Left Lace, Head 10x, right lace</b>	
<b>16. Right Lace, right thigh, right shoulder, head, left shoulder, left thigh, left lace. (also called Around the World)</b>	
<b>17. Set a new personal juggling record</b>	