

LEVEL 9

	From Ground
1. Right Lace backspin 2x, Left Lace Backspin 2x	
2. Right lace, left to right spin 2x	
3. Left Lace, right to left spin 2x	
4. Right lace, right to left spin 2x	
5. Left lace, left to right spin 2x	
6. Right outside, any spin 2x	
7. Left outside, any spin 2x	
8. Right inside, any spin 2x	
9. Left inside, any spin 2x	
10. Right lace, Right thigh any spin, right lace	
11. Left lace, Left thigh any spin, Left lace	
12. Left lace, Left shoulder 2x any spin, Left lace	
13. Right lace, Right shoulder 2x any spin, Right lace	
14. Laces, Head backspin 3x, Laces	
15. Laces, Head sidespin 3x, lace	
16. Right lace backspin 5x, Left lace backspin 5x	
17. Right lace, left to right spin 5x	
18. Left Lace, right to left spin 5x	
19. Right lace, right to left spin 5x	
20. Left lace, left to right spin 5x	
21. Right lace backspin, Left lace backspin, 10x back and forth	
22. Left lace Right to left, right lace left to right, 5x back and forth	