

# Calisthenics for Adults

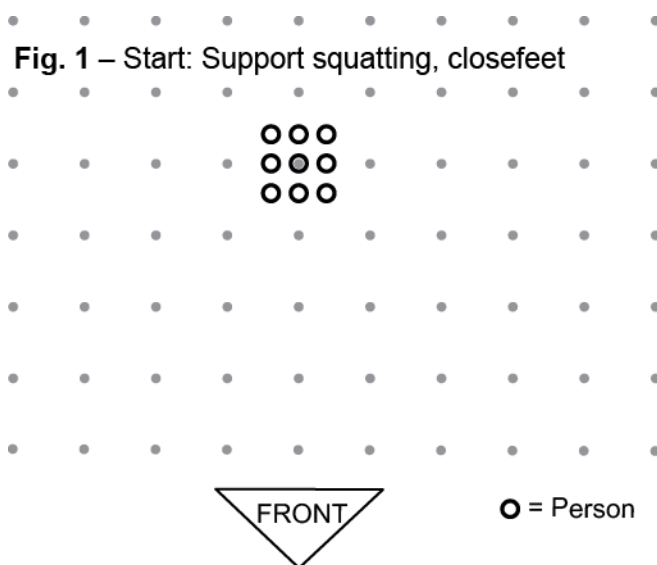
Composed by Bro. Howie Maskill and Sis. Alex Zahrobsky, Sokol Spirit  
Terminology by Sis. Patricia Satek

Music: Song 1 – Bastille by Pompeii, orchestra version by Dulcis Pueri  
Song 2 – Dynamite by Taio Cruz, orchestra version by Joe Tracy

This calisthenics is written to be performed in a block of nine gymnasts. Any combination of men and women can make up a block.

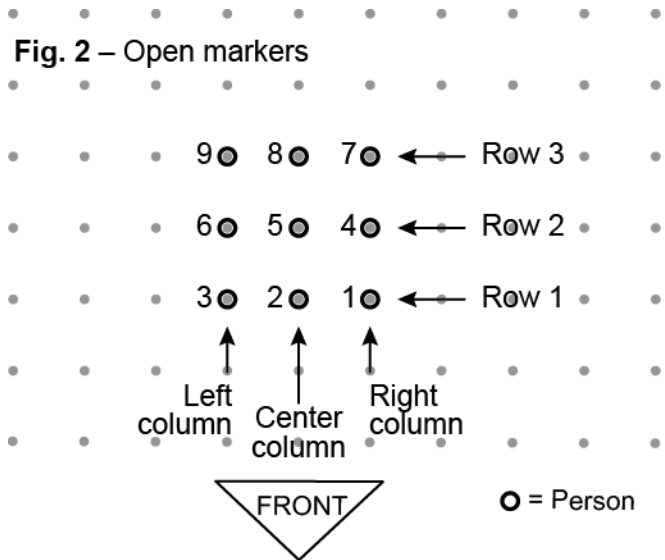
Note: One gymnast per block will be lifted by the remaining eight.

**SONG 1**      *All will be instructed to attain support squatting closefeet position; (Fig. 1).*



I-III	1-12	Hold in support squatting, closefeet – head bowed;
IV-V	1-8	Uprise, upright to closeheel stand, closearm;
VI-VII	1-8	Uparm outward through frontarm, palms front;
VIII	1	Uparm across, palms front, L in front of R;
	2	Uparm outward, palms front;
	3-4	Hold;
IX	1	Uparm across, palms front, L in front of R;
	2	Uparm outward, palms front;
	3-4	Hold;
X-XI	1-8	Closearm through frontarm;

XII	1 2 3-4	L sidestride; bend sidearm hands in front of chest, palms down; Thrust uparm, palms in; Hold;
XIII	1 2 3-4	Uparm across, palms front, L in front of R; Uparm outward, palms front; Hold;
XIV-XV	1-8	Closearm through frontarm – close L to R;
XVI	1-4	Bend closearm, hands in fists – Jog 4 steps in place, L, R, L, R;
XVII	1-4	Jog 4 steps forward (1 marker);
XVIII	1-4	360° turn L in 4 jogging steps;
XIX	1-4	Jog 4 steps in place;
XX-XXI	1-8	Jog to open marker position; (Fig; 2);



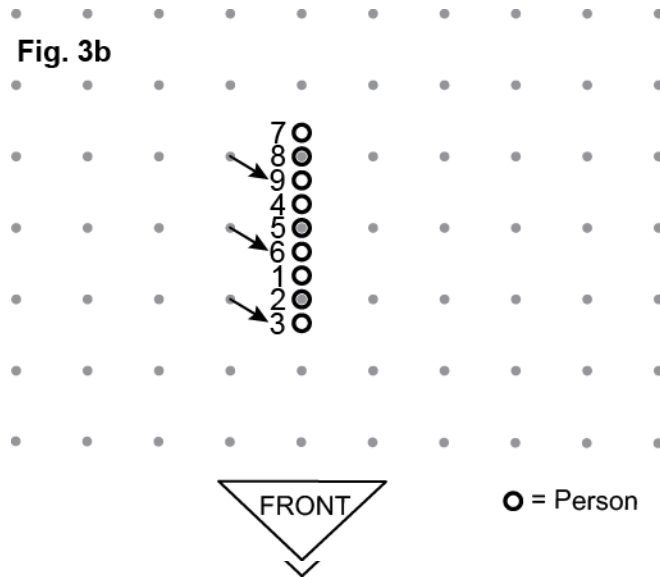
XXII	1-4	Jog 4 steps in place to face front (turn shortest direction);
XXIII	1 2-4	Closeheel stand – Closearm; Hold;
<b>Chorus</b>		
XXIV	1 2-4	Frontarm, palms down; Circle downward, to closearm;

- XXV *All gymnasts*
- 1 L forelunge, frontarm upslant, palms down;
  - 2 R bend reararm, palm down;
  - 3 Thrust R frontarm upslant, palms down;
  - 4 *Row 1: Hold; Rows 2 and 3: Uprise, upright – Close L to R – Closearm;*
- XXVI *Second and third row gymnasts (all others hold)*
- 1 L forelunge, frontarm upslant, palms down;
  - 2 R bend reararm, palm down;
  - 3 Thrust R frontarm upslant, palms down;
  - 4 *Rows 1 and 2: Hold; Row 3 – Uprise, upright – Close L to R – Closearm;*
- XXVII *Third row gymnasts (all others hold)*
- 1 L forelunge, frontarm upslant, palms down;
  - 2 R bend reararm, palm down;
  - 3 Thrust R frontarm upslant, palms down;
  - 4 Hold
- XXVIII *All gymnasts*
- 1–4 Uprise, upright – Close L to R – Circle forward to closearm;
- XXIX
- 1 Jump astride – Sidearm, palms down;
  - 2 Jump to closeheel stand – Uparm, palms in;
  - 3 Jump astride – Sidearm, palms down;
  - 4 Jump to closeheel stand – Closearm;
- XXX
- 1 Jump astride – R frontarm, L sidearm, palms down;
  - 2 Jump to closeheel stand – Closearm;
  - 3 Jump astride – L frontarm, R sidearm, palms down;
  - 4 Jump to closeheel stand – Closearm;
- XXXI
- 1 L sidestride – L sidearm downslant, palm front;
  - 2 R step in place – R sidearm downslant, palm front;
  - 3 Bend sidearm, hands in front of chest, palms down;
  - 4 Thrust uparm, palms in;
- XXXII
- 1 L sidearm, palm down;
  - 2 R sidearm, palm down;
  - 3 L closearm;
  - 4 R closearm – Close L to R;

**Verse 2**

XXXIII–XXXIV 1–7  
8

*Right column gymnasts: 7 steps to position in center column (Fig. 3a), face front – Left column gymnasts: Hold; Gymnasts now in center column (#1, 2, 4, 5, 7, 8): Sidearm, palms front – Left column gymnasts: Hold;*



XXXV–XXXVI 1–7  
8

*Left column gymnasts: 7 steps to position in center column (Fig. 3b), face front – All others: Hold; All: Uparm, palms in;*

XXXVII 1–4

*Sidearm, palms down;*

XXXVIII 1–4

*Medium circle downward;*

XXXIX 1–4

*Closearm;*

XL 1–4

*Hold*

XLI 1-2

*Odd numbered gymnasts: R sidestep – R sidearm, L bend sidearm, hand in front of chest, palm down; Even-numbered gymnasts: L sidestep – L sidearm, R bend sidearm, hand in front of chest, palm down;*

3-4

*Odd: Close L to R – Closearm; Even: Close R to L – Closearm;*

XLII

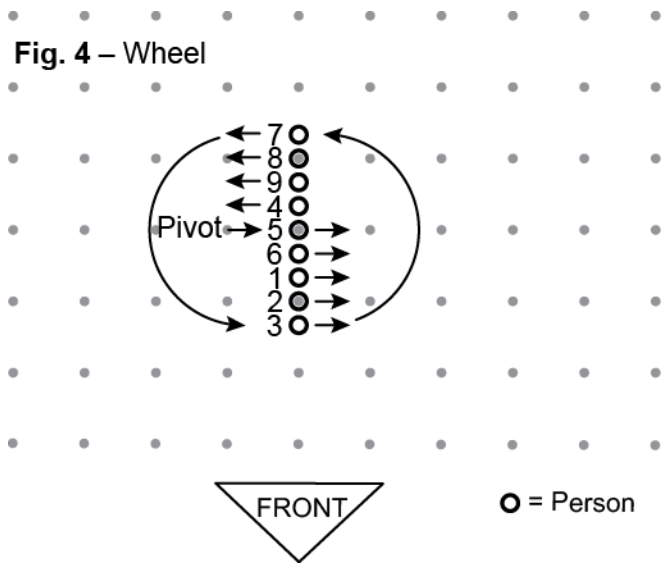
1-2

*All: L forestep – Frontarm, palms down;*

3-4

*Close R to L – Closearm;*

XLIII	1-2	<i>Odd numbered gymnasts:</i> L sidestep – L sidearm, R bend sidearm, hand in front of chest, palm down; <i>Even-numbered gymnasts:</i> R sidestep – R sidearm, L bend sidearm, hand in front of chest, palm down;
	3-4	<i>Odd:</i> Close R to L – Closearm; <i>Even:</i> Close L to R – Closearm;
XLIV	1-2	<i>Gymnasts #3, 2, 1, 6, 5:</i> 90° turn L in two steps, L, R; <i>Gymnasts#4, 9, 8, 7:</i> 90° turn R in two steps, L, R;
	3-4	Hold
XLV–XLVIII	1–16	With gymnast #5 as pivot, 180° wheel counterclockwise in 16 jogging steps – Bend closearm, hands in fists; (Fig. 4)



XLIX–LI 1–12 Taking shortest path, 12 steps to open markers (refer to Fig. 2) and turn to face front;

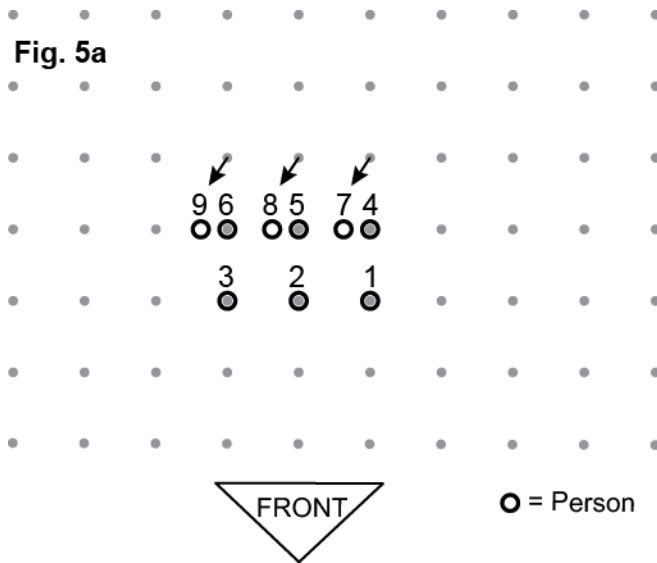
LII 1–4 Hold;

**Chorus Repeat**

LIII 1 Frontarm, palms down;  
2–4 Circle downward, to closearm;

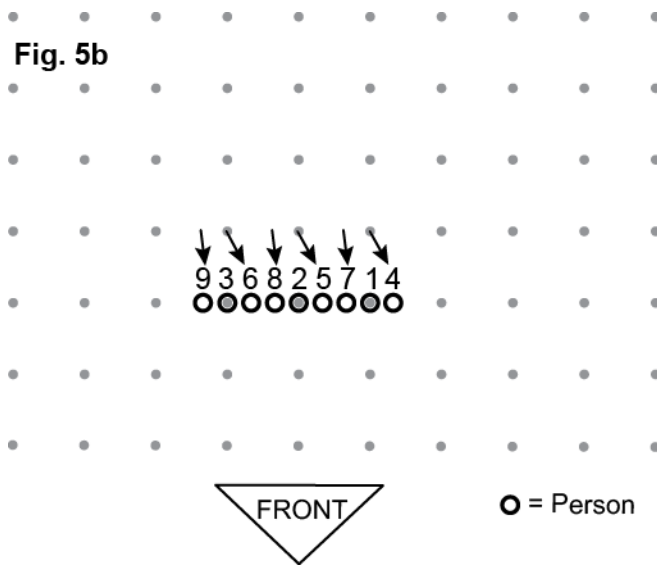
LIV *All gymnasts*  
1 L forelunge, frontarm upslant, palms down;  
2 R bend reararm, palm down;  
3 Thrust R frontarm upslant, palms down;  
4 *Gymnasts #1, 2, 4:* Hold; *Gymnasts #3, 5, 6, 7, 8, 9:* Uprise, upright – Close L to R – Closearm through frontarm;

- LV *Gymnasts #3, 5, 6, 7, 8, 9 (#1, 2, 4 hold)*  
 1 L forelunge, frontarm upslant, palms down;  
 2 R bend reararm, palm down;  
 3 Thrust R frontarm upslant, palms down;  
 4 *Gymnasts #3, 5, 6, 7, 8, 9: Hold; Gymnasts #6, 8, 9: Uprise, upright – Close L to R – Closearm through frontarm;*
- LVI *Gymnasts #6, 8, 9 (all others hold)*  
 1 L forelunge, frontarm upslant, palms down;  
 2 R bend reararm, palm down;  
 3 Thrust R frontarm upslant, palms down;  
 4 Hold
- LVII *All gymnasts*  
 1–4 Uprise, upright – Close L to R – Circle forward to closearm;
- LVIII  
 1 Jump astride – Sidearm, palms down;  
 2 Jump to closeheel stand – Uparm, palms in;  
 3 Jump astride – Sidearm, palms down;  
 4 Jump to closeheel stand – Closearm;
- LIX  
 1 Jump astride – R frontarm, L sidearm, palms down;  
 2 Jump to closeheel stand – Closearm;  
 3 Jump astride – L frontarm, R sidearm, palms down;  
 4 Jump to closeheel stand – Closearm;
- LX  
 1 L sidestride – L sidearm downslant, palm front;  
 2 R step in place – R sidearm downslant, palm front;  
 3 Bend sidearm, hands in front of chest, palms down;  
 4 Thrust uparm, palms in;
- LXI  
 1 L sidearm, palm down;  
 2 R sidearm, palm down;  
 3 L closearm;  
 4 R closearm – Close L to R;
- LXII  
 1 All gymnasts perform arm movements – Back row gymnasts transition to Fig. 5a – Remaining gymnasts step in place: L sidearm downslant, palm down – R bend uparm outward, hand in front of shoulder, palm down – L forestep;  
 2 L sidearm downslant bent, hand in front of chest, palm down – Extend R to uparm outward, palm front – R forestep;  
 3 Extend L to uparm outward, palm front – L forestep;  
 4 R forestep;



LXIII 1–4 Four steps in place, L, R, L, R – Closearm through frontarm;

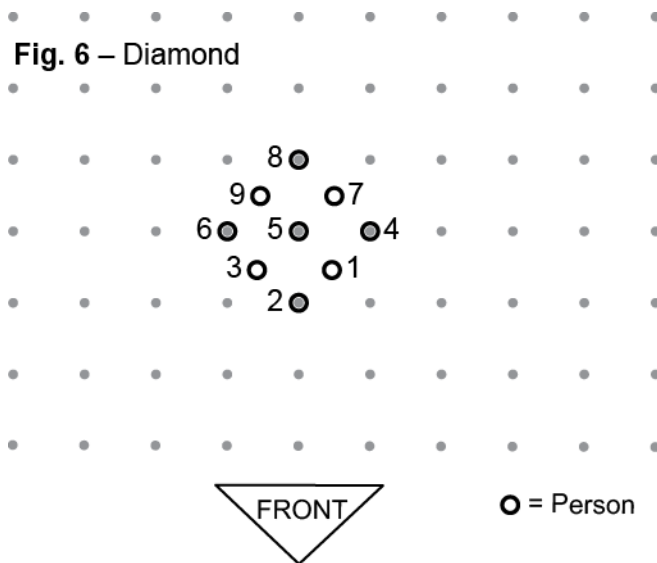
LXIV 1 All gymnasts perform arm movements – New back row gymnasts transition to Fig. 5b – Remaining gymnasts step in place: L sidearm downslant, palm down – R bend uparm outward, hand in front of shoulder, palm down – L forestep;  
 2 L sidearm downslant bent, hand in front of chest, palm down – Extend R to uparm outward, palm front – R forestep;  
 3 Extend L to uparm outward, palm front – L forestep;  
 4 R forestep;



LXV 1–4 Four steps in place, L, R, L, R – Closearm through frontarm;

LXVI	1	L forestep;
	2	R forestep with 90° turn L;
	3	L forestep;
	4	R forestep with 90° turn L;
LXVII	1	L forestep;
	2	R forestep with 90° turn L;
	3	L forestep;
	4	R forestep;
LXVIII	1	L forestep with 90° turn R;
	2	R forestep;
	3	L forestep with 90° turn R;
	4	R forestep;
LXIX	1	L forestep with 90° turn R;
	2	R forestep;
	3	L forestep;
	4	Close R to L;
<b>Wave Sequence</b> ( <i>complete sequence equals 32 counts</i> )		
LXX–LXXVII	<i>Each gymnast's movement is performed fluidly for 16 counts and is separated as follows:</i>	
	4 counts	Support squatting closefeet;
	6 counts	Uprise, upright, to closeheel stand –Uparm outward through frontarm, palms front;
	6 counts	Closearm through frontarm – Support squatting, closefeet;
	<i>Gymnast 4: Movement starts on count 1 and ends on 16</i>	
	<i>Gymnast 1: Movement starts on count 3 and ends on 2</i>	
	<i>Gymnast 7: Movement starts on count 5 and ends on 4</i>	
	<i>Gymnast 5: Movement starts on count 7 and ends on 6</i>	
	<i>Gymnast 2: Movement starts on count 9 and ends on 8</i>	
	<i>Gymnast 8: Movement starts on count 11 and ends on 10</i>	
	<i>Gymnast 6: Movement starts on count 13 and ends on 12</i>	
	<i>Gymnast 3: Movement starts on count 15 and ends on 14</i>	
	<i>Gymnast 9: Movement starts on count 1 and ends on 16</i>	
LXXVIII–LXXIX	1–8	Uprise, upright to closeheel stand, closearm;
LXXX	1–4	180° turn L in 4 steps, L, R, L, R;
LXXXI	1–4	4 steps in place, L, R, L, R;
LXXXII–LXXXIII	1–8	Taking shortest path, 8 steps to open markers (refer to Fig. 2) and face front;
LXXXIV–LXXXV	1–8	8 steps to diamond formation (Fig. 6) and face front;

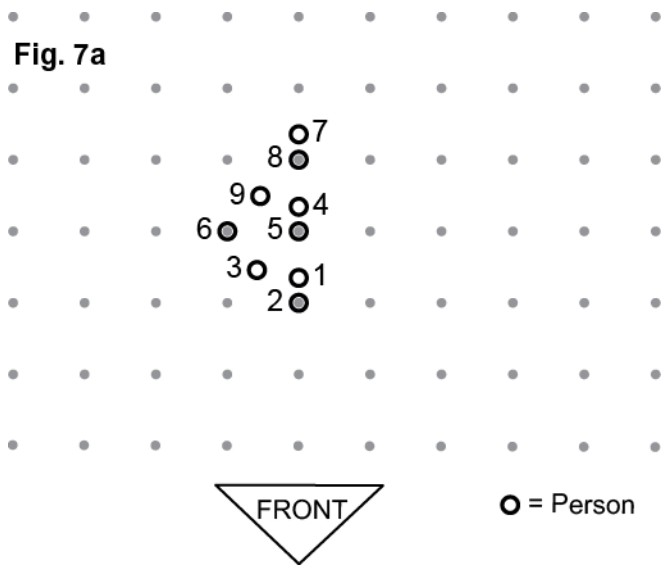




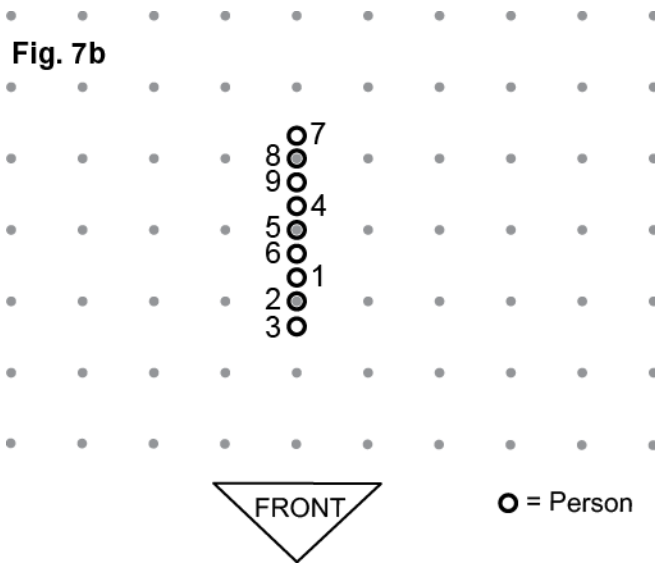
**Chorus Repeat**

- LXXXVI 1 Frontarm, palms down;  
2–4 Circle downward, to closearm;
- LXXXVII All gymnasts  
1 L forelunge, frontarm upslant, palms down;  
2 R bend reararm, palm down;  
3 Thrust R frontarm upslant, palms down;  
4 *Gymnasts #1, 2, 3: Hold; Gymnasts #4, 5, 6, 7, 8, 9: Uprise, upright – Close L to R – Closearm through frontarm;*
- LXXXVIII *Gymnasts #4, 5, 6, 7, 8, 9 (#1, 2, 3 hold)*  
1 L forelunge, frontarm upslant, palms down;  
2 R bend reararm, palm down;  
3 Thrust R frontarm upslant, palms down;  
4 *Gymnasts #1, 2, 3, 4, 5, 6: Hold; Gymnasts #7, 8, 9: Uprise, upright – Close L to R – Closearm through frontarm;*
- LXXXIX *Gymnasts #7, 8, 9 (all others hold)*  
1 L forelunge, frontarm upslant, palms down;  
2 R bend reararm, palm down;  
3 Thrust R frontarm upslant, palms down;  
4 Hold
- XC *All gymnasts*  
1–4 Uprise, upright – Close L to R – Circle forward to closearm;
- XCI 1 Jump astride – Sidearm, palms down;  
2 Jump to closeheel stand – Uparm, palms in;  
3 Jump astride – Sidearm, palms down;  
4 Jump to closeheel stand – Closearm;

XCII	1	Jump astride – R frontarm, L sidearm, palms down;
	2	Jump to closeheel stand – Closearm;
	3	Jump astride – L frontarm, R sidearm, palms down;
	4	Jump to closeheel stand – Closearm;
XCIII	1	L sidestride – L sidearm downslant, palm front;
	2	R step in place – R sidearm downslant, palm front;
	3	Bend sidearm, hands in front of chest, palms down;
	4	Thrust uparm, palms in;
XCIV	1	L sidearm, palm down;
	2	R sidearm, palm down;
	3	L closearm;
	4	R closearm – Close L to R;
XCV–XCVI	1–6	Gymnasts #1, 4, 7 transition to position 7a in 6 steps (Fig. 7a) <i>(all others hold);</i>
	7	Turn to face front;
	8	Gymnasts #1,4,7,2,5,8 Sidearm, palms front– Gymnasts #3, 6, 9 hold;

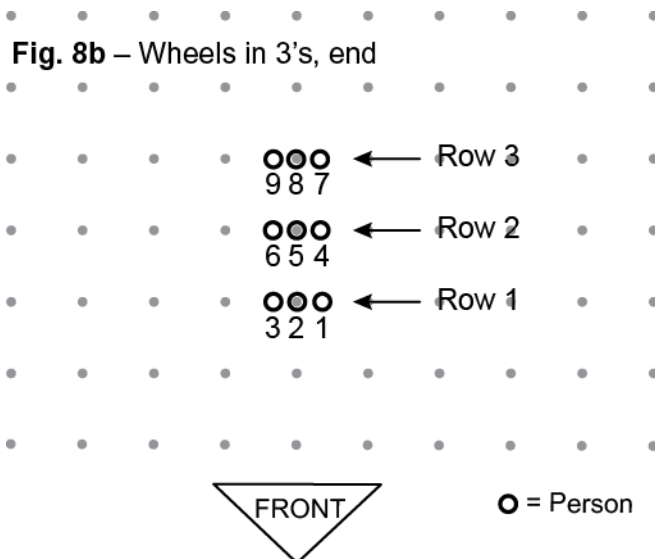
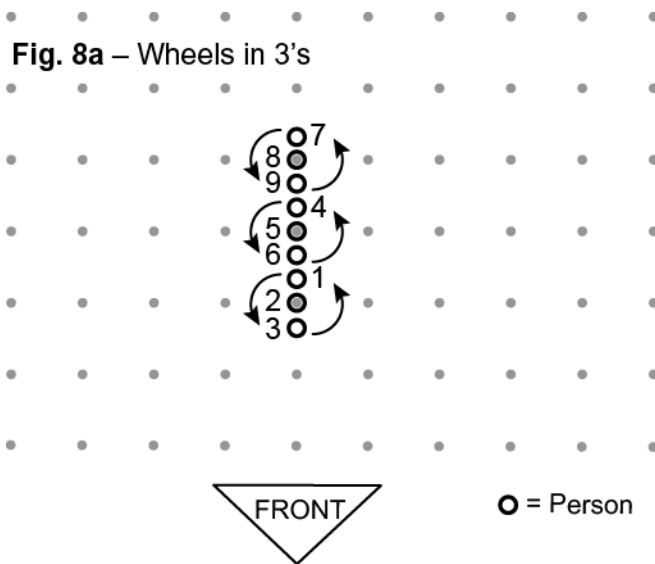


XCVII–XCVIII	1–6	Gymnasts #3, 6, 9 transition to position 7b in 6 steps (Fig. 7b);
	7	Turn to face front – Gymnasts #1, 4, 7, 2, 5, 8 hold 7 counts;
	8	All gymnasts: Uparm, palms in

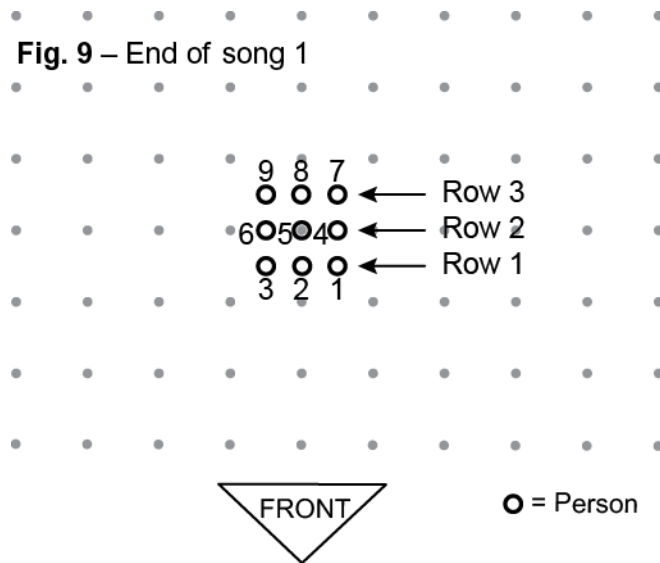


XCIX            1–2            Closearm through sidearm;  
                   3–4            90° turn L in 2 steps, L, R;

C–CI            1–8            270° wheel counterclockwise in groups of 3 (Fig. 8a and 8b)



- CII 1-4 *Transition to Fig. 9*  
*Row 1: 4 steps backward or slight movement back and L or R to half marker*  
*Row 2: 4 steps in place or slight movement L or R to half marker*  
*Row 3: 4 steps forward or slight movement L or R to half marker*



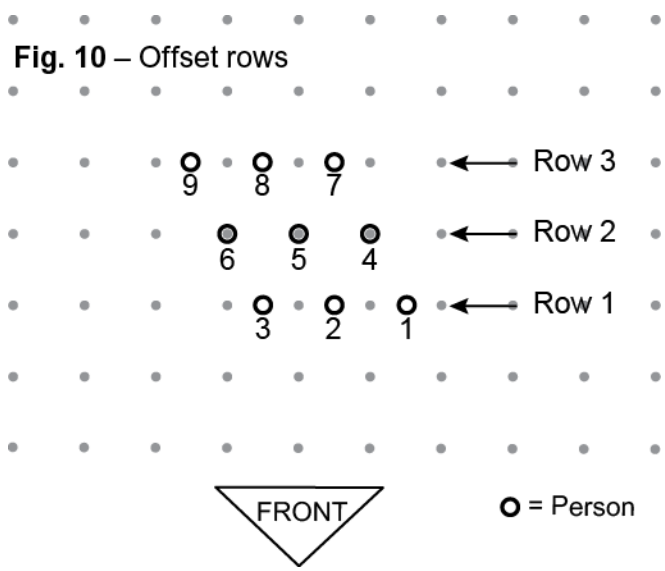
- CIII 1 Halfsquat, sidearm downslant, palms down;  
 2 Hold;  
 3 Rise to stand, closearm;  
 4 Hold;
- CIV 1 Bend closearm, palms in;  
 2 Hold;  
 3 Extend closearm;  
 4 Hold;
- CV 1 Frontarm, palms down;  
 2 Hold;  
 3 Closearm;  
 4 Hold;
- CVI 1 Uparm through frontarm, palms front;  
 2 Hold;  
 3 Closearm through frontarm;  
 4 Hold;
- CVII–CVIII 1–8 Slowly uparm outward through frontarm, palms front;

CIX	1	Up arm across, L in front of R;
	2	Up arm outward;
	3	Up arm across, L in front of R;
	4	Up arm outward;
CX	1-2	Close arm;
	3-4	Support squatting, close feet – Head down.

**END OF SONG 1**

**SONG 2**

I-II	1-8	Hold;
III-IV	1-8	Uprise, upright to closeheel stand, close arm;
V-VI	1-8	Bounce in closefeet toestand (8x);
VII	1	Jump astride;
	2	Jump to closeheel stand;
	3	Jump astride;
	4	Jump to closeheel stand;
VIII	1	Jump astride;
	2	Jump to closeheel stand;
	3	Jump astride;
	4	Jump to closeheel stand;
IX-X	1-8	Bounce in closefeet toestand (8x);
XI-XII	1-8	Taking shortest path, 8 steps to Fig. 10, face front;

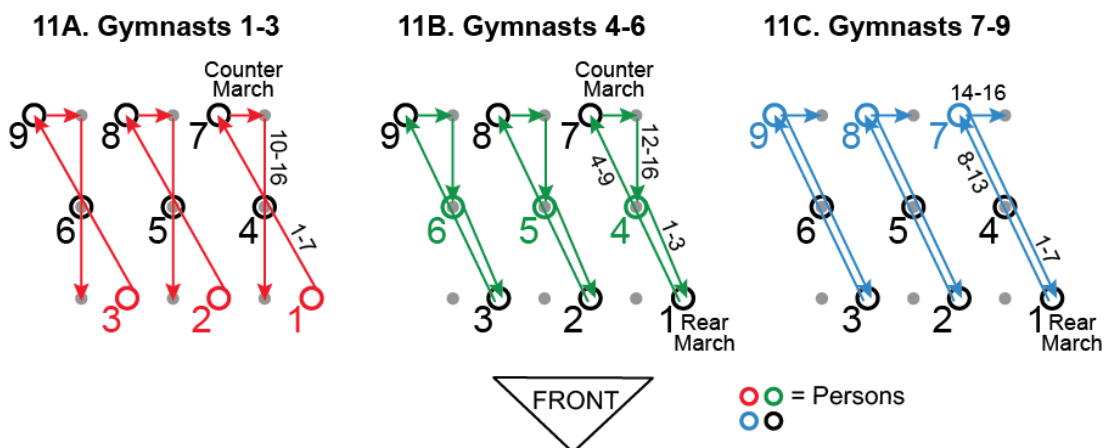


XIII	1–2 3–4	L sidelunge – L sidearm, R frontarm to L, palms down; Arc R downward to sidearm, L frontarm to R through closearm;
XIV	1–4	Circle downward to closearm – Uprise, close L to R;
XV	1–2 3–4	R sidelunge – R sidearm, L frontarm to R, palms down; Arc L downward to sidearm, R frontarm to L through closearm;
XVI	1–4	Circle downward to closearm – Uprise, close R to L;
XVII	1 2 3 4	L forelunge – Bend L sidearm, hand in front of chest, palm down; Bend R sidearm, hand in front of chest, palm down; Thrust frontarm across, L over R, palms down; Frontarm outward, palms down;
XVIII	1–2 3–4	Uparm outward, palms front – Uprise, close L to R; Closearm through frontarm;
XIX	1–2 3–4	L sidestride – L sidearm, R frontarm to L palms down; Arc upward to R sidearm, L frontarm to R, palms down;
XX	1–2 3 4	Uparm, palms in – Close L to R, closefeet toestand; Closearm through frontarm – Closefeet halfsqat; Uprise to closeheel stand;
XXI	1 2 3 4	L forelunge – Bend L sidearm, hand in front of chest, palm down; Bend R sidearm, hand in front of chest, palm down; Thrust frontarm across, L over R, palms down; Frontarm outward, palms down;
XXII	1–2 3–4	Uparm outward, palms front – Uprise, close L to R; Closearm through frontarm;
XXIII	1–2 3–4	R sidestride – R sidearm, L frontarm to R palms down; Arc upward to L sidearm, R frontarm to L, palms down;
XXIV	1–2 3 4	Uparm, palms in – Close R to L, closefeet toestand; Closearm through frontarm – Closefeet halfsqat; Uprise to closeheel stand;

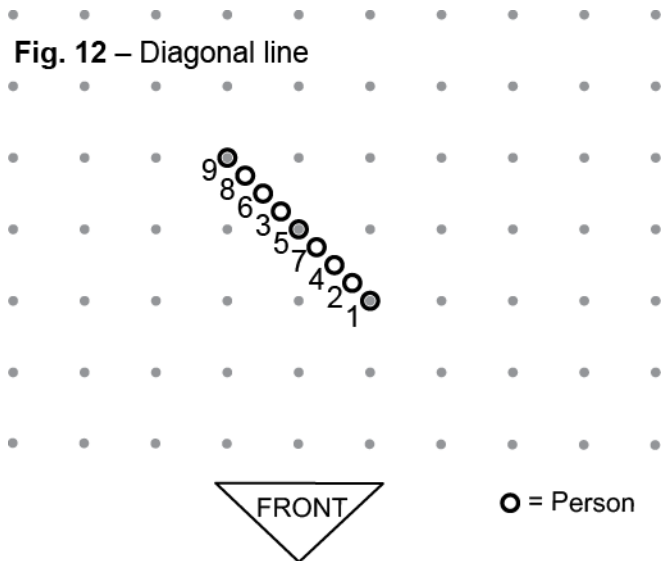
## Marching Sequence

XXV	1-4	Gymnasts #1, 2, 3: 225° turn L in 4 steps, L, R, L, R Gymnasts #4, 5, 6, 7, 8, 9: 45° turn L in 4 steps, L, R, L, R
XXVI-XXIX	1-16	Refer to Fig. 11 – All gymnasts pass right shoulders throughout the sequence;
11A-Gymnasts 1-3:		
	1-6	Alternate L and R footsteps;
	7	L forestep, 135° turn R;
	8	R forestep;
	9	L forestep, 90° turn R;
	10	R forestep;
	11-15	Alternate L and R footsteps;
	16	Close R to L to closeheel stand;
11B-Gymnasts 4-6:		
	1	L forestep;
	2	R forestep;
	3	L forestep, 180° turn R;
	4	R forestep;
	5-8	Alternate L and R footsteps;
	9	L forestep, 135° turn R;
	10	R forestep;
	11	L forestep, 90° turn R;
	12	R forestep;
	13-15	Alternate L and R footsteps;
	16	Close R to L to closeheel stand;
11C-Gymnasts 7-9:		
	1-6	Alternate L and R footsteps;
	7	L forestep, 180° turn R;
	8	R forestep;
	9-12	Alternate L and R footsteps;
	13	L forestep, 135° turn R;
	14	R forestep;
	15	L forestep, 90° turn R;
	16	Close R to L to closeheel stand;

Fig. 11 – Marching Sequence



XXX	1-4	All gymnasts end facing front on open markers (see Fig. 2) – 4 steps in place, L, R, L, R;
XXXI	1 2 3 4	Step L in place – Sidearm, palms down; Step R in place – Uparm, palms in; Step L in place – Sidearm, palms down; Step R in place – Closearm;
XXXII	1-4	4 steps in place, L, R, L, R;
XXXIII	1-4	Bounce in closefeet toestand (4x);
XXXIV	1-4	Bend closearm, hands in fists – Jog to diagonal line (Fig. 12) in 4 steps, L, R, L, R, end facing front;



XXXV	1 2 3 4	Jump astride – Sidearm, palms down; Jump to closeheel stand – Uparm, palms in; Jump astride – Sidearm, palms down; Jump to closeheel stand – Closearm;
XXXVI	1-4	Bounce in closefeet toestand (4x);
XXXVII	1-4	Bend closearm, hands in fists – Transition to diamond position (see Fig. 6) in 4 jogging steps, L, R, L, R, end facing front;
XXXVIII	1 2 3 4	Jump astride – Sidearm, palms down; Jump to closeheel stand – Uparm, palms in; Jump astride – Sidearm, palms down; Jump to closeheel stand – Closearm;
XXXIX	1-4	360° turn L in 4 jogging steps, L, R, L, R;
XL	1-4	Bounce in closefeet toestand (4x);

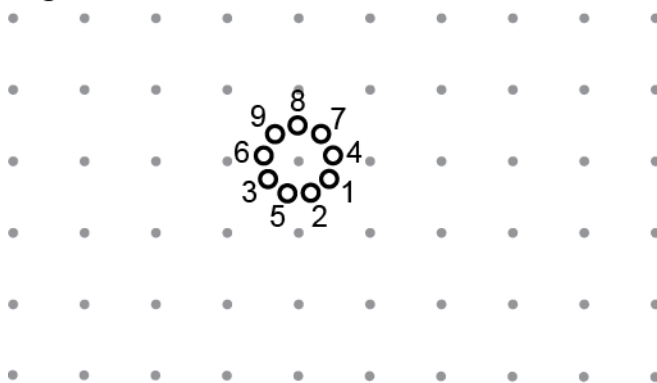


## Chorus

XL I	1–2 3–4	L sidelunge – L sidearm, R frontarm to L, palms down; Arc R downward to sidearm, L frontarm to R through closearm;
XL II	1–4	Circle downward to closearm – Uprise, close L to R;
XL III	1–2 3–4	R sidelunge – R sidearm, L frontarm to R, palms down; Arc L downward to sidearm, R frontarm to L through closearm;
XL IV	1–4	Circle downward to closearm – Uprise, close R to L;
XL V	1 2 3 4	L forelunge – Bend L sidearm, hand in front of chest, palm down; Bend R sidearm, hand in front of chest, palm down; Frontarm across, L over R, palms down; Frontarm outward, palms down;
XL VI	1–2 3–4	Uparm outward, palms front – Uprise, close L to R; Closearm through frontarm;
XL VII	1–2 3–4	L sidestride – L sidearm, R frontarm to L palms down; Arc upard to R sidearm, L frontarm to R, palms down;
XL VIII	1–2 3 4	Uparm, palms in – Close L to R, closefeet toestand; Closearm through frontarm – Closefeet halfsqat; Uprise to closeheel stand;
XL IX	1 2 3 4	L forelunge – Bend L sidearm, hand in front of chest, palm down; Bend R sidearm, hand in front of chest, palm down; Frontarm across, L over R, palms down; Frontarm outward, palms down;
L	1–2 3–4	Uparm outward, palms front – Uprise, close L to R; Closearm through frontarm;
LI	1–2 3–4	R sidestride – R sidearm, L frontarm to R palms down; Arc upward to L sidearm, R frontarm to L, palms down;
LII	1–2 3 4	Uparm, palms in – Close R to L, closefeet toestand; Closearm through frontarm – Closefeet halfsqat; Uprise to closeheel stand;

LIII	1-2 3-4	L forestep – Sidearm, palms down; 90° turn R to stand astride – Flex sidearm, hands in front of chest, palms down;
LIV	1-2 3-4	90° turn R to stand R forestep – Sidearm, palms down; Close L to R – Uparm, palms front;
LV	1-2 3-4	L forestep – Sidearm, palms down; 90° turn R to stand astride – Flex sidearm, hands in front of chest, palms down;
LVI	1-2 3-4	90° turn R to stand R forestep – Sidearm, palms down; Close L to R – Uparm, palms front;
LVII	1-2 3-4	L forelunge diagonally to L – L sidearm upslant, palm down – R sidearm downslant, palm down; Flex L sidearm upslant, hand in front of chest, palm down – Flex R sidearm downslant, hand in front of chest, palm down;
LVIII	1-2 3-4	Extend L sidearm upslant, palm down – Extend R sidearm downslant, palm down; Uprise, close L to R – Closearm;
LIX	1-2 3-4	R forelunge diagonally to R – R sidearm upslant, palm down – L sidearm downslant, palm down; Flex R sidearm upslant, hand in front of chest, palm down – Flex L sidearm downslant, hand in front of chest, palm down;
LX	1-2 3-4	Extend R sidearm upslant, palm down – Extend L sidearm downslant, palm down; Uprise, close R to L – Closearm;
LXI–LXII	1–8	All turn to face center in 4 steps, L, R, L, R;
LXIII–LXIV	1–8	Transition to circle (Fig. 13) in 4 steps, L, R, L, R – All face center of circle;

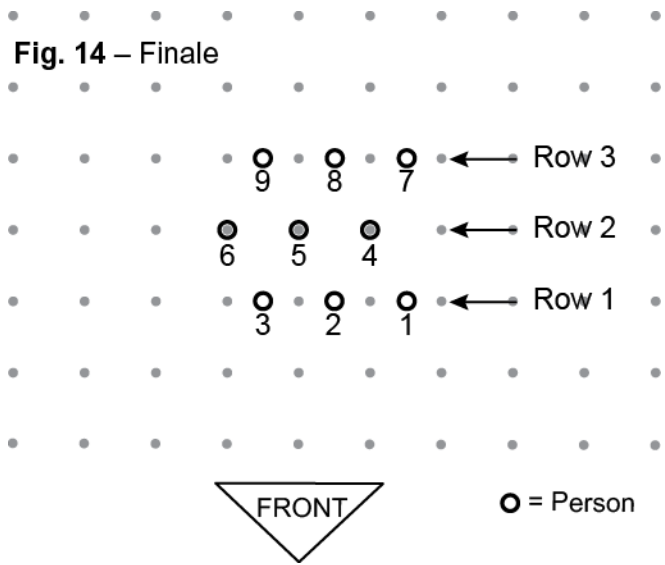
**Fig. 13 – Circle**



○ = Person

LXV–LXVIII	1–16	90° turn L 8 steps around circle, starting L forestep – Gymnast to be lifted in next sequence moves to center of circle and faces front on counts 15–16;
LXIX–LXX	1–8	<i>All but gymnast in center:</i> 90° turn R to face center – closefeet squat;
LXXI–LXXII	1–8	<i>Prepare for lift:</i> Gymnasts on perimeter of circle grasp legs of gymnast to be lifted;
LXXIII–LXXIV	1–8	Lift gymnast – <i>Gymnast being lifted:</i> Uparm outward through frontarm, palms front;
LXXV–LXXVIII	1–16	With gymnast lifted, rotate circle 360° clockwise;
LXXIX–LXXX	1–8	Lower lifted gymnast;
LXXXI–LXXXII	1–8	All gymnasts return to open markers (See Fig. 2) and face front;
LXXXIII	1 2 3 4	L forelunge – Bend L sidearm, hand in front of chest, palm down; Bend R sidearm, hand in front of chest, palm down; Frontarm across, L over R, palms down; Frontarm outward, palms down;
LXXXIV	1–2 3–4	Uparm outward, palms front – Uprise, close L to R; Closearm through frontarm;
LXXXV	1–2 3–4	L sidestride – L sidearm, R frontarm to L palms down; Arc upard to R sidearm, L frontarm to R, palms down;
LXXXVI	1–2 3 4	Uparm, palms in – Close L to R, closefeet toestand; Closearm through frontarm – Closefeet halfsqat; Uprise to closeheel stand;
LXXXVII	1 2 3 4	L forelunge – Bend L sidearm, hand in front of chest, palm down; Bend R sidearm, hand in front of chest, palm down; Frontarm across, L over R, palms down; Frontarm outward, palms down;
LXXXVIII	1–2 3–4	Uparm outward, palms front – Uprise, close L to R; Closearm through frontarm;
LXXXIX	1–2 3–4	R sidestride – R sidearm, L frontarm to R palms down; Arc L sidearm, R frontarm to L through uparm, palms down;

XC	1–2 3 4	Uparm, palms in – Close R to L, closefeet toestand; Closearm through frontarm – Closefeet halfsqat; Uprise to closeheel stand;
XC I	1–2 3–4	L forestep – Sidearm, palms down; 90° turn R to stand astride – Flex sidearm, hands in front of chest, palms down;
XC II	1–2 3–4	90° turn R to stand R forestep.– Sidearm, palms down; Close L to R – Uparm, palms front;
XC III	1–2 3–4	L forestep – Sidearm, palms down; 90° turn R to stand astride – Bend sidearm, hands in front of chest, palms down;
XC IV	1–2 3–4	90° turn R to stand R forestep – Sidearm, palms down; Close L to R – Uparm, palms front;
XC V	1–2 3–4	L forelunge diagonally to L – L sidearm upslant, palm down – R sidearm downslant, palm down; Flex L sidearm upslant, hand in front of chest, palm down – Flex R sidearm downslant, hand in front of chest, palm down;
XC VI	1–2 3–4	Extend L sidearm upslant, palm down – Extend R sidearm downslant, palm down; Uprise, close L to R – Closearm;
XC VII	1–2 3–4	R forelunge diagonally to R – R sidearm upslant, palm down – L sidearm downslant, palm down; Flex R sidearm upslant, hand in front of chest, palm down – Flex L sidearm downslant, hand in front of chest, palm down;
XC VIII	1–2 3–4	Extend R sidearm upslant, palm down – Extend L sidearm downslant, palm down; Uprise, close R to L – Closearm;
<b>Finale</b>		
XC IX	1–2 3–4	<i>Row 1 gymnasts:</i> 90° turn L – 2 steps forward (L, R) to half marker – <i>All other gymnasts:</i> Hold; <i>Row 1 gymnasts:</i> 90° turn R to face front, close L to R;
C	1–2 3–4	<i>Row 3 gymnasts:</i> 90° turn L – 2 steps forward (L, R) to half marker – <i>All other gymnasts:</i> Hold; <i>Row 3 gymnasts:</i> 90° turn R to face front, close L to R (Fig. 14);



- |      |                  |   |
|------|------------------|---|
| CI   | 1<br>2<br>3<br>4 | Closefeet halfsquat – Sidearm downslant, palms down;<br>Uprise – Bend sidearm, hands in front of chest, palms down;<br>Extend sidearm, palms down;<br>Closearm;   |
| CII  | 1<br>2<br>3<br>4 | L forelunge – Bend L sidearm, hand in front of chest, palm down;<br>Bend R sidearm, hand in front of chest, palm down;<br>Thrust frontarm across, L over R, palms down;<br>Uprise, close L to R – Uparm outward, palms front; |
| CIII | 1–4              | Sidearm downslant through frontarm, palms back – Frontbow.  |

**END OF SONG 2**