



Station	Ex no.	Exercise	Linked
Start			
1	26	360 left	no
2	32	sit-send around-forward	no
3	11	call front-forward right	no
4	6	left turn	no
5	22	serpentine	no
6	20	sit-left turn-forward	no
7	31	sit-send around-sit	no
8	2	sit-stand	no
9	9	270 right	no
10	30	sit-turn left-1 step	no
11	18	moving side step right	no
12	5	right turn	no
13	33	sprial right-dog outside	no
14	16	fast pace	no
15	17	normal pace	no
Finish			
Bonus	Bonus Ex 1	call front-side step right/left	