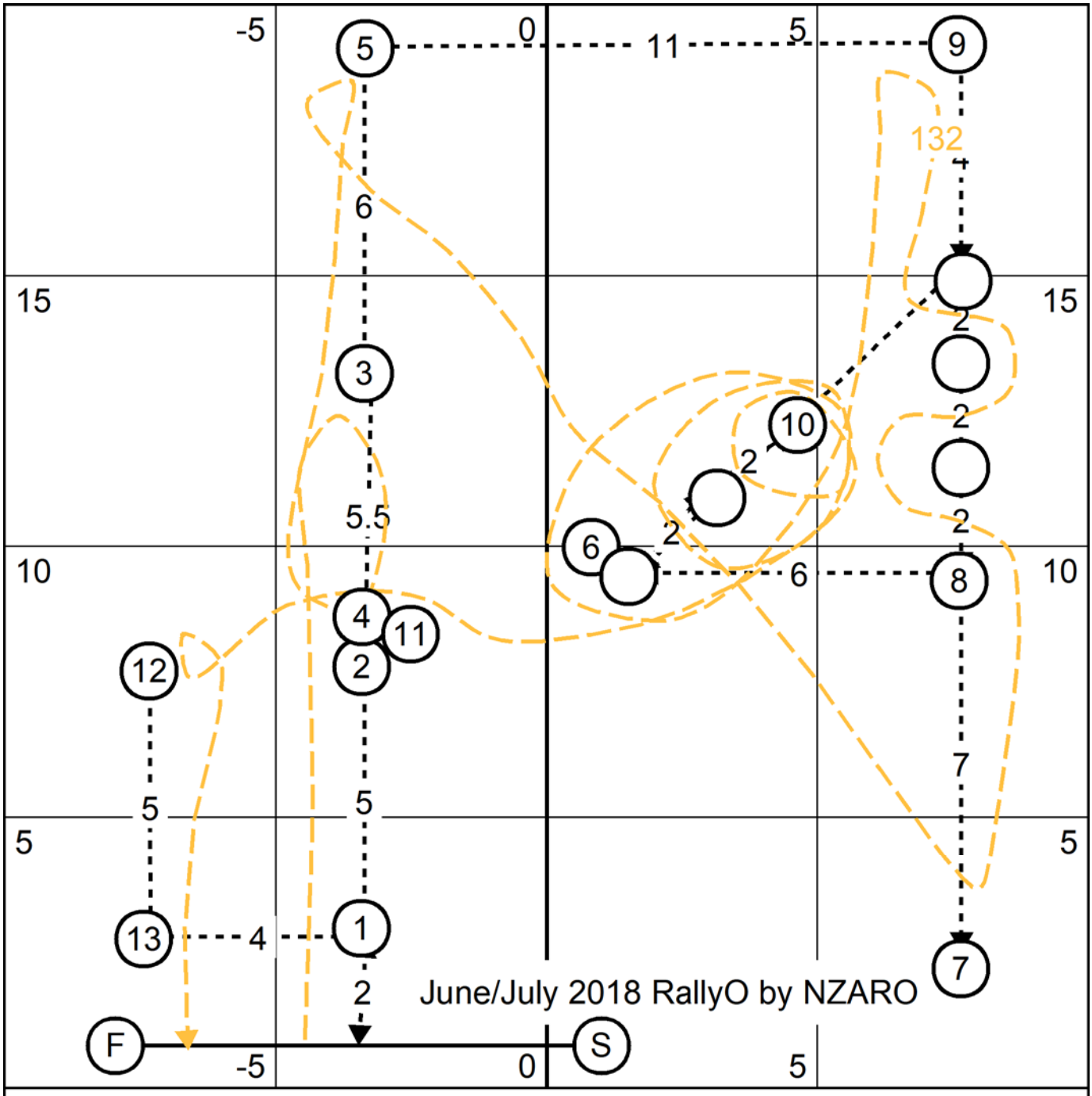

1. Fast pace
2. Normal pace
3. about turn right
4. Left about turn
5. 270 left turn
6. Halt 1-2-3 steps
7. Halt sit walk around
8. weave once
9. about turn left
10. spiral right
11. moving side step
12. 270 right turn
13. Call front finish left forward