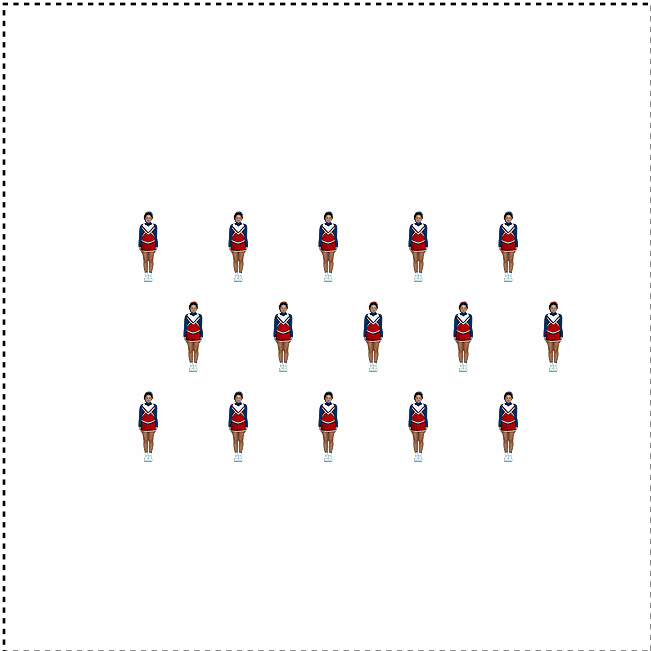


Routine 1 - Please adjust counts and moves according to your music and team's ability.

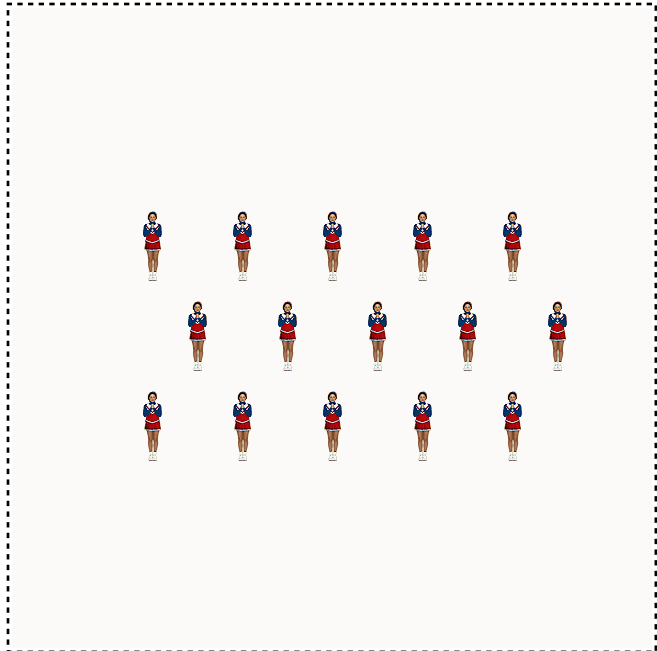
Move ID: 1

Count Text: 1



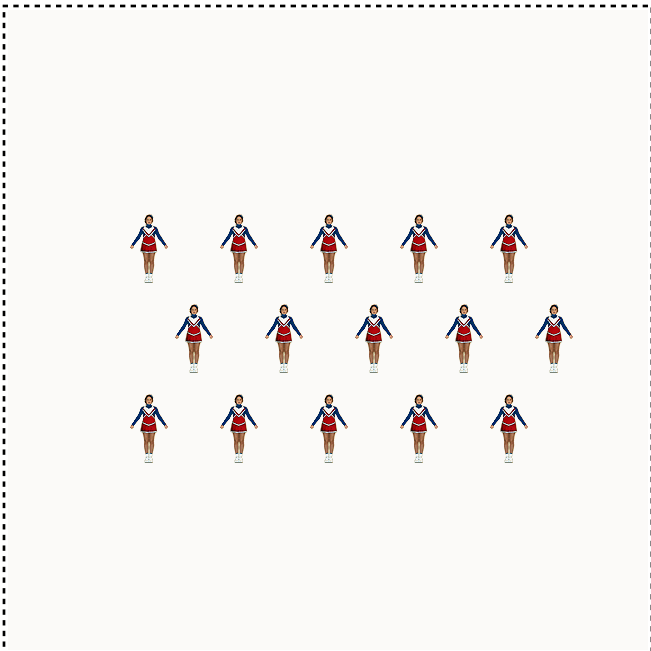
Move ID: 2

Count Text: 2



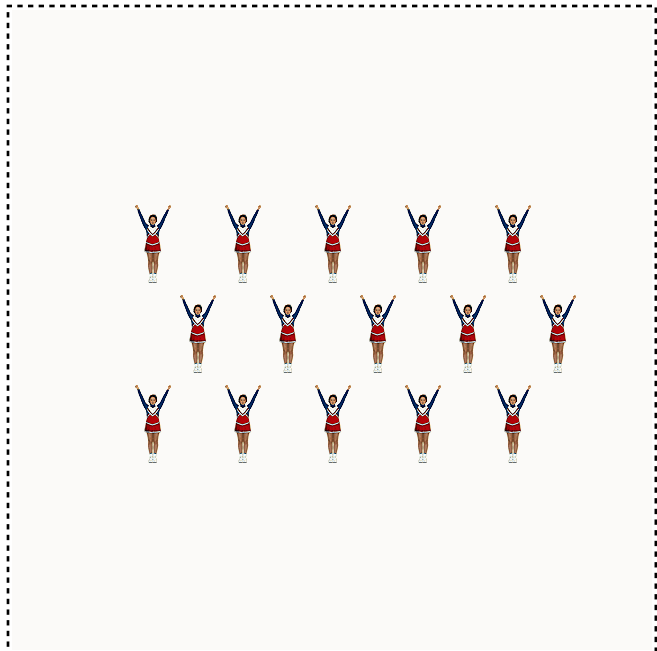
Move ID: 3

Count Text: 3



Move ID: 4

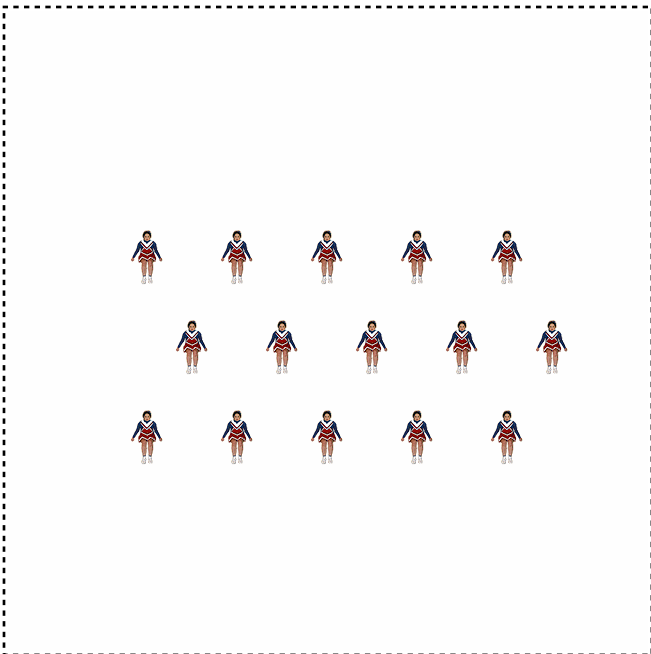
Count Text: 4



Routine 1 - Please adjust counts and moves according to your music and team's ability.

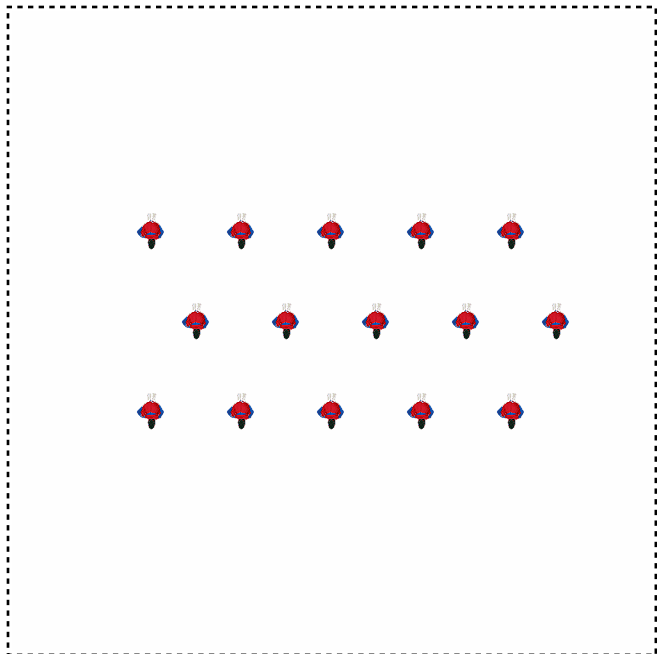
Move ID: 5

Count Text: 5



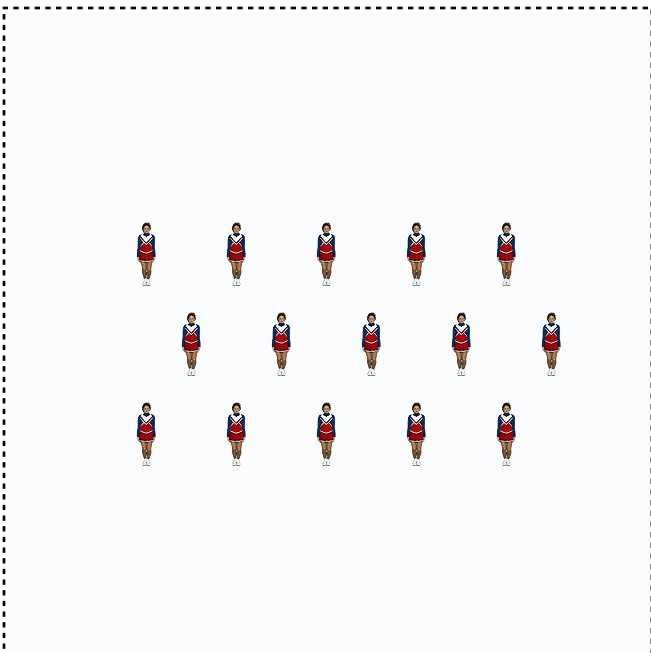
Move ID: 6

Count Text: 6



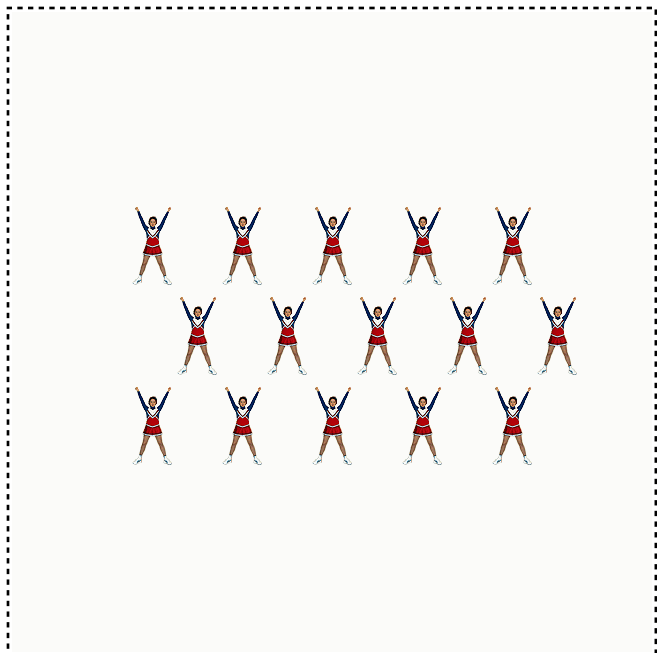
Move ID: 7

Count Text: 7



Move ID: 8

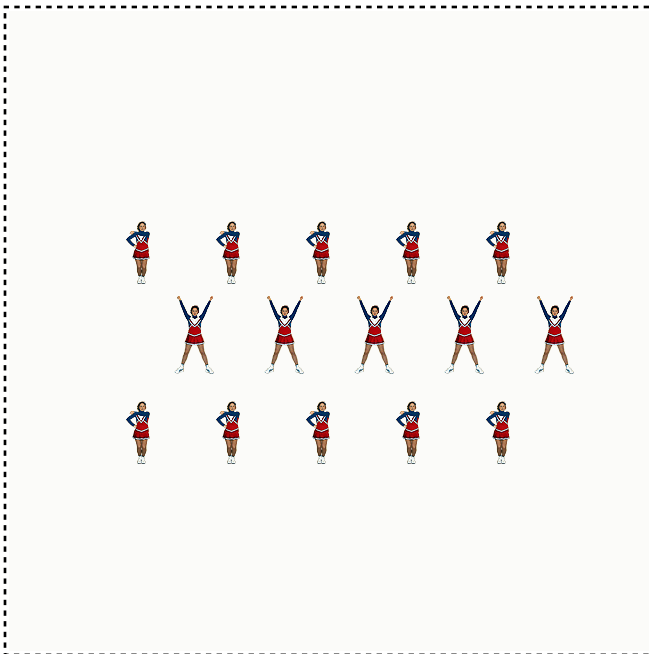
Count Text: 8



Routine 1 - Please adjust counts and moves according to your music and team's ability.

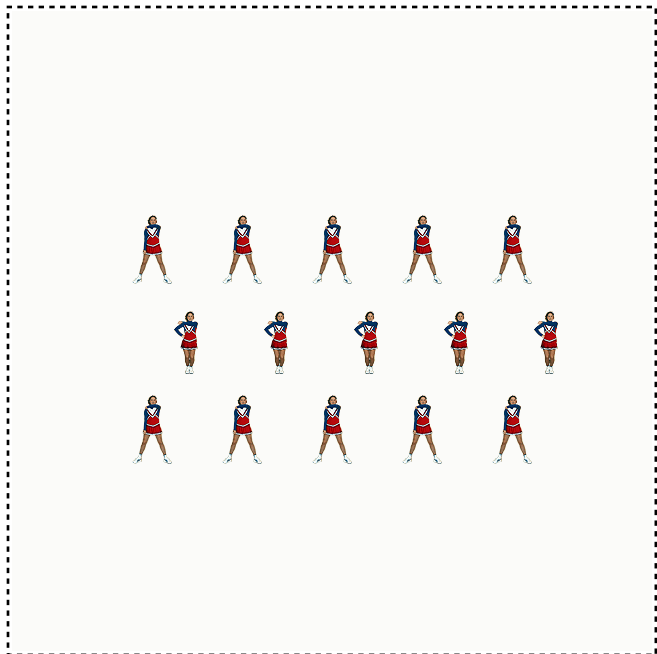
Move ID: 9

Count Text: 1



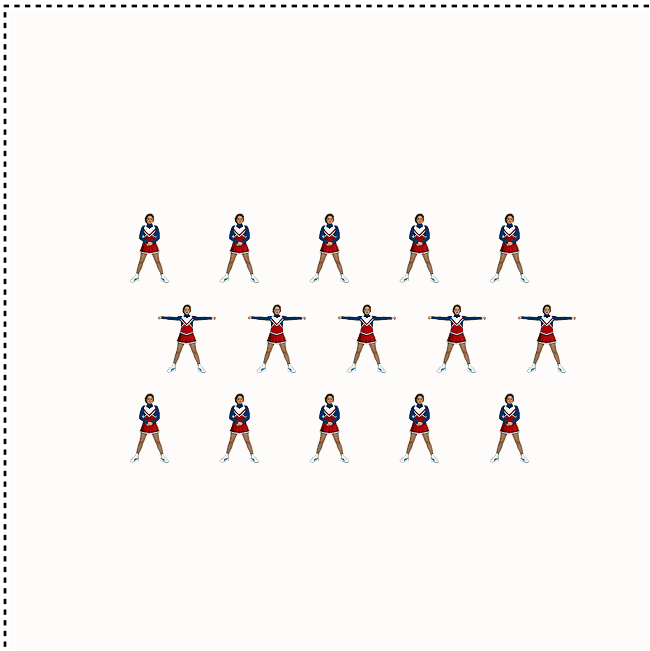
Move ID: 10

Count Text: 2



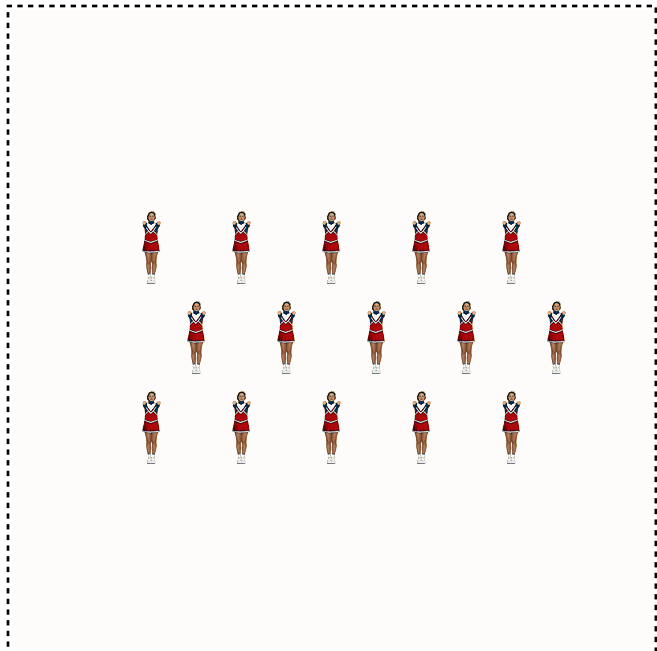
Move ID: 11

Count Text: 3



Move ID: 12

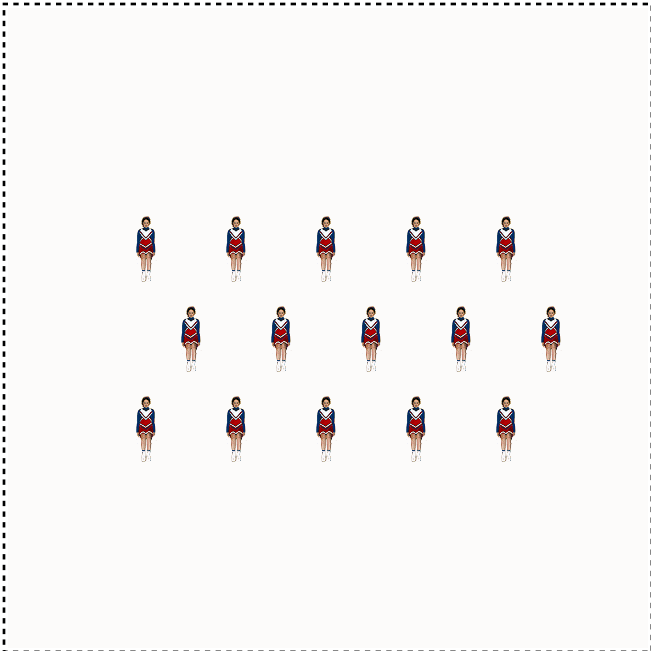
Count Text: 4



Routine 1 - Please adjust counts and moves according to your music and team's ability.

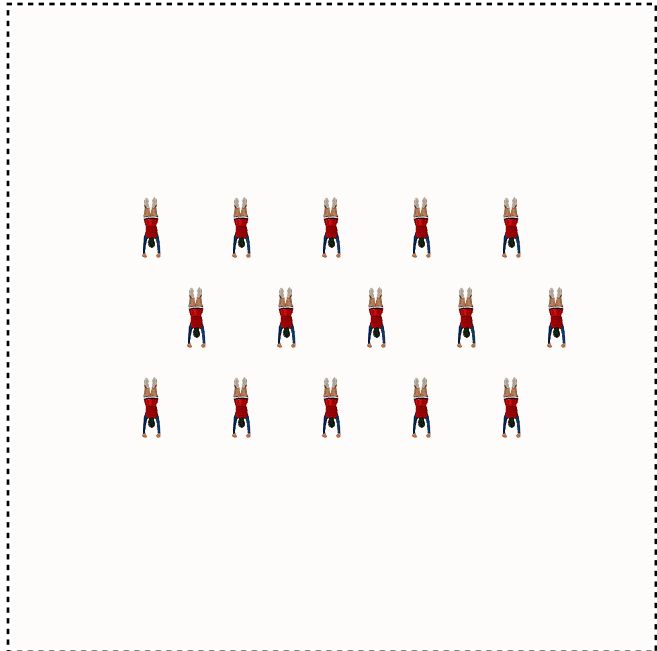
Move ID: 13

Count Text: 5



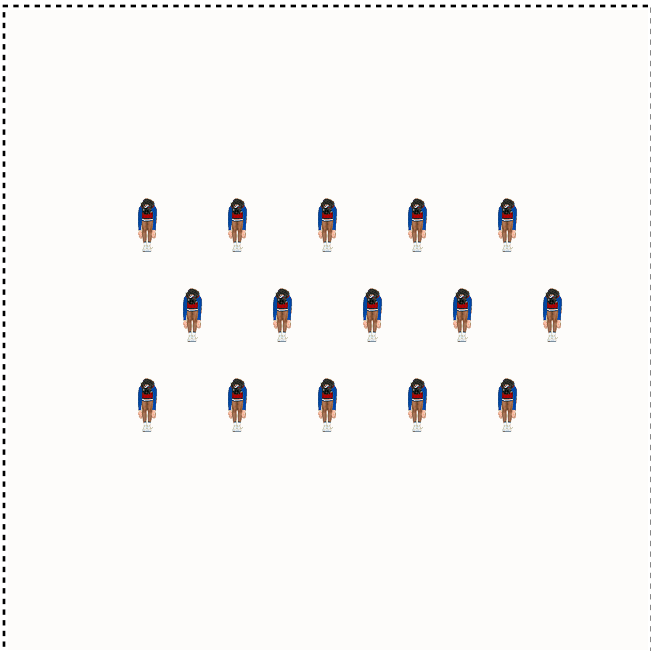
Move ID: 14

Count Text: 6



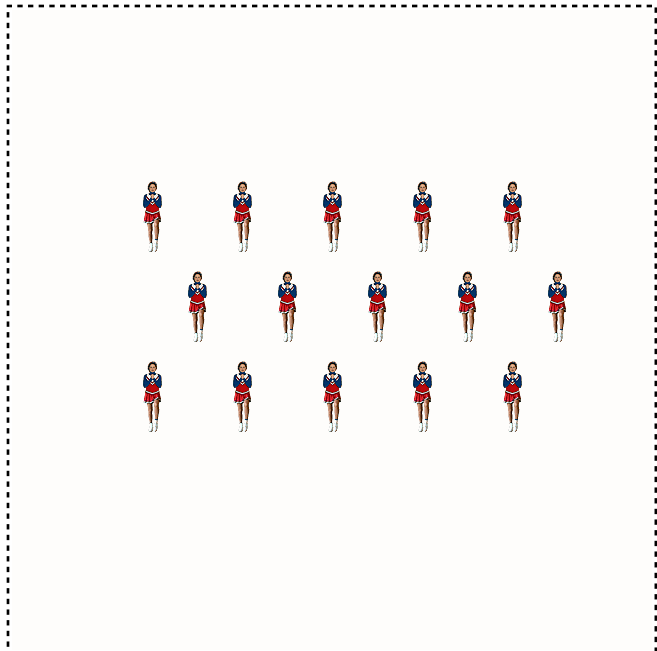
Move ID: 15

Count Text: 7



Move ID: 16

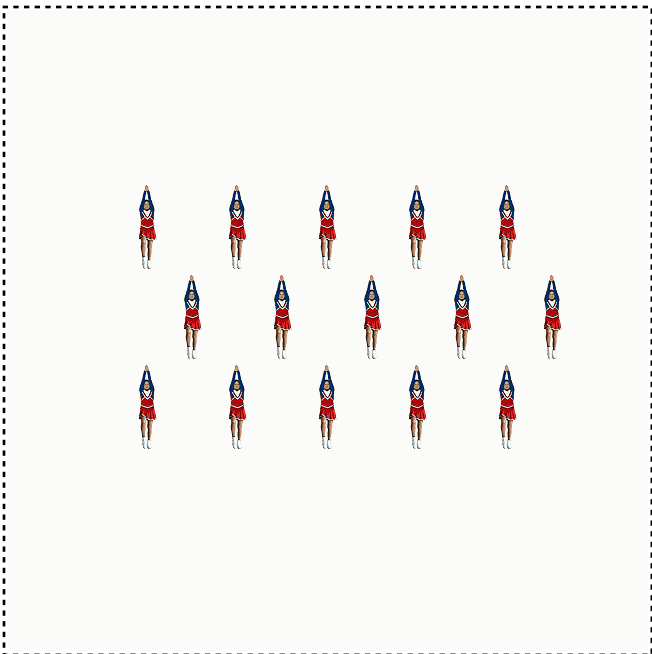
Count Text: 8



Routine 1 - Please adjust counts and moves according to your music and team's ability.

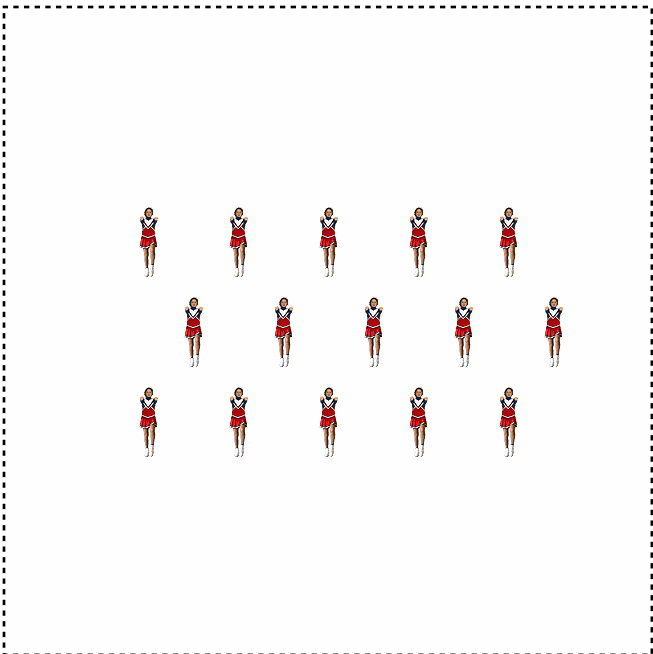
Move ID: 17

Count Text: 1



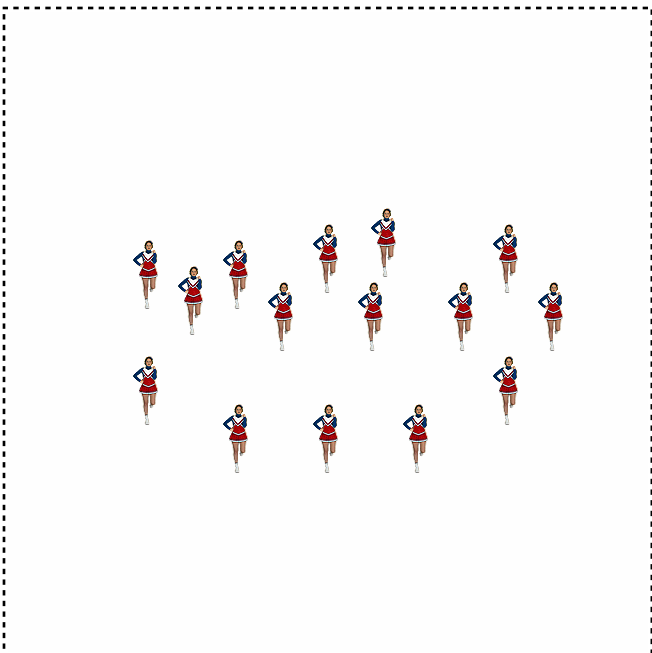
Move ID: 18

Count Text: 2



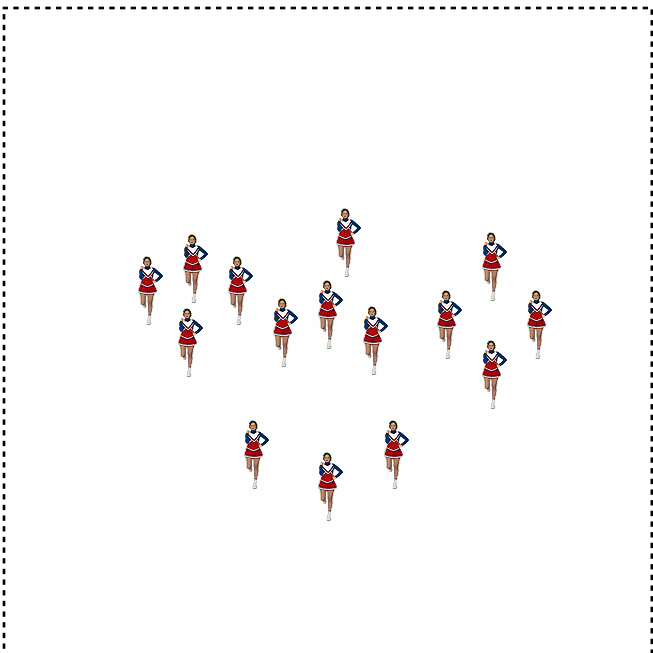
Move ID: 19

Count Text: run for 4



Move ID: 20

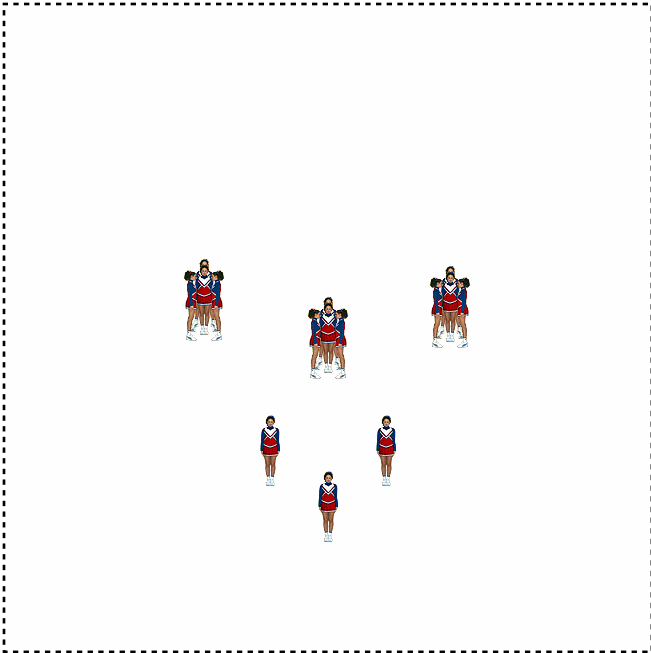
Count Text: run for 4



Routine 1 - Please adjust counts and moves according to your music and team's ability.

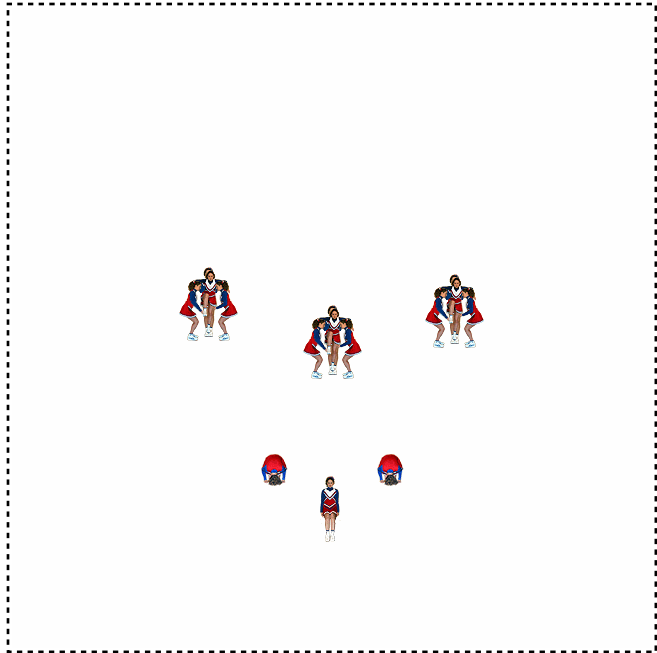
Move ID: 21

Count Text: 7-8



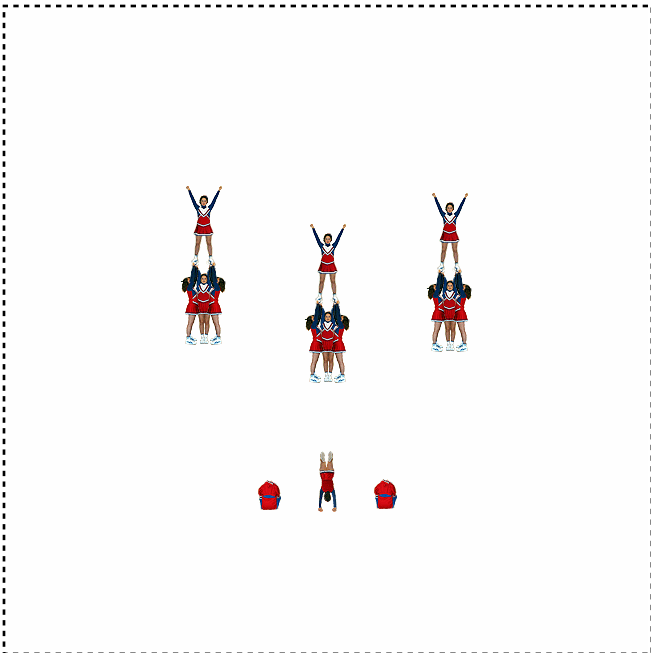
Move ID: 22

Count Text: 1-2



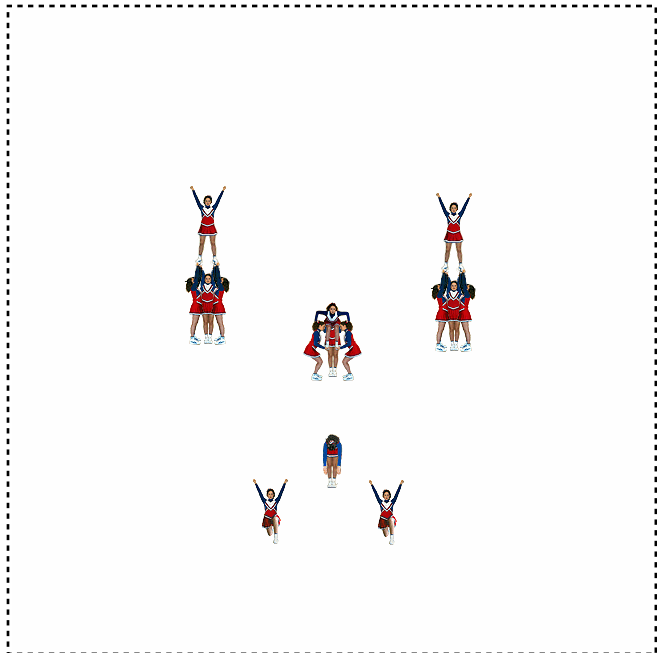
Move ID: 23

Count Text: 3-4



Move ID: 24

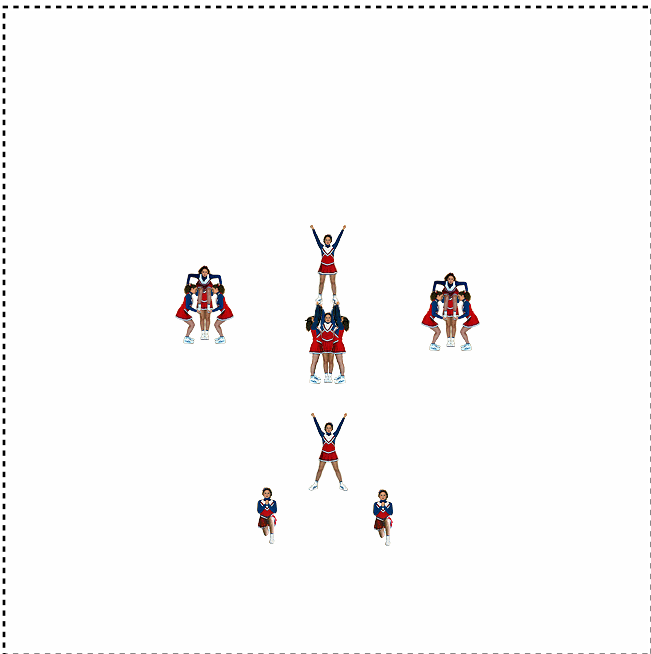
Count Text: 5-6



Routine 1 - Please adjust counts and moves according to your music and team's ability.

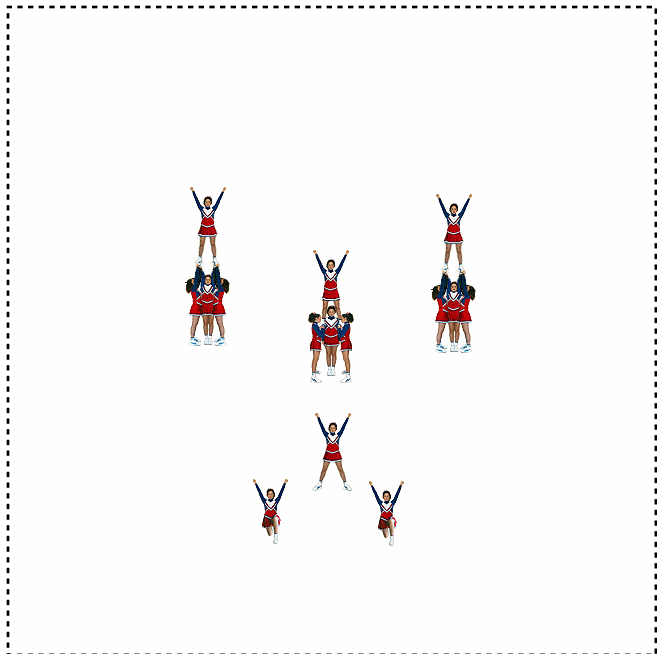
Move ID: 25

Count Text: 7-8



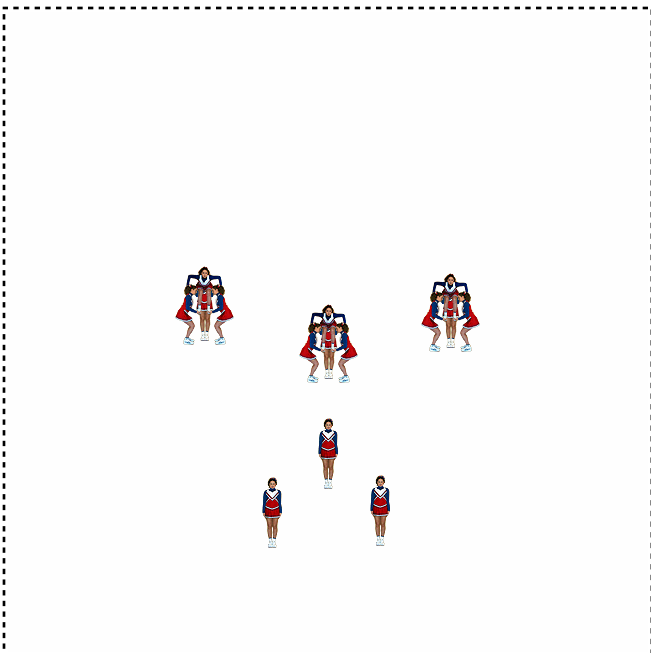
Move ID: 26

Count Text: 1-2



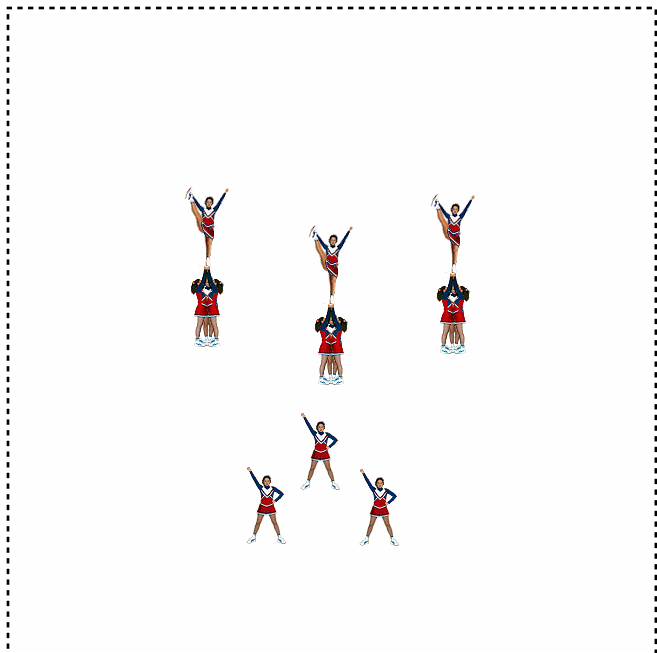
Move ID: 27

Count Text: 3-4



Move ID: 28

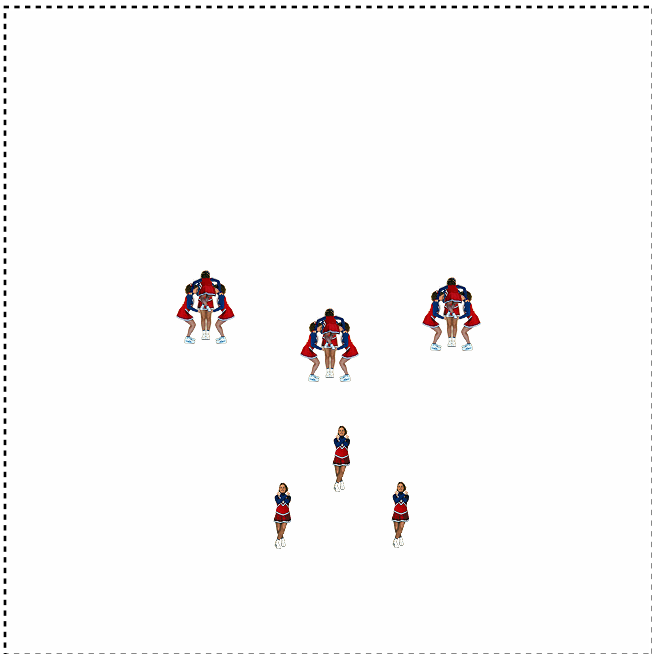
Count Text: 5-6



Routine 1 - Please adjust counts and moves according to your music and team's ability.

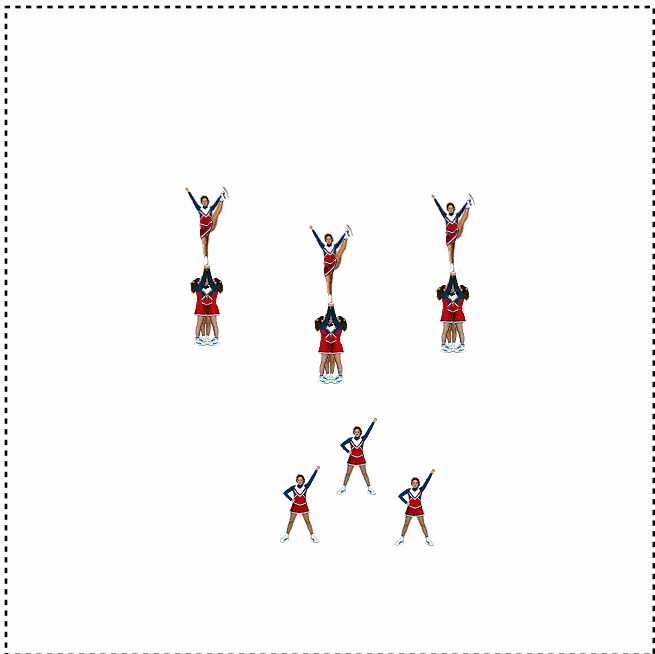
Move ID: 29

Count Text: 7-8



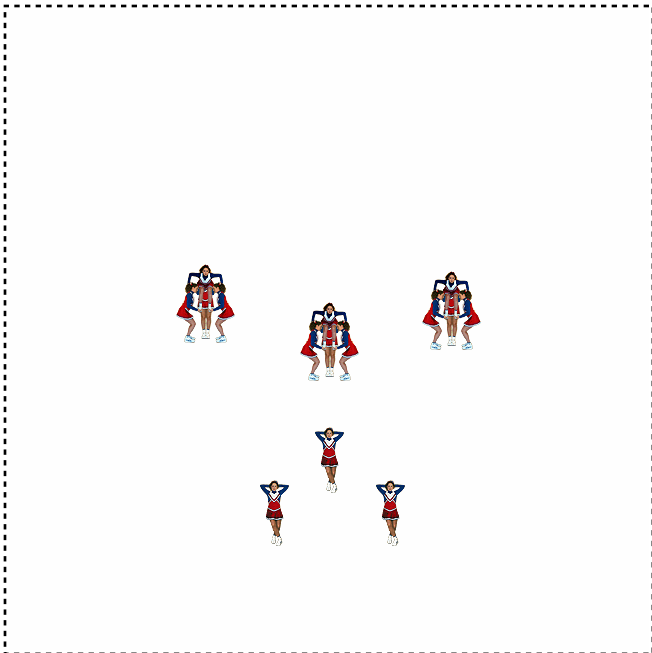
Move ID: 30

Count Text: 1-2



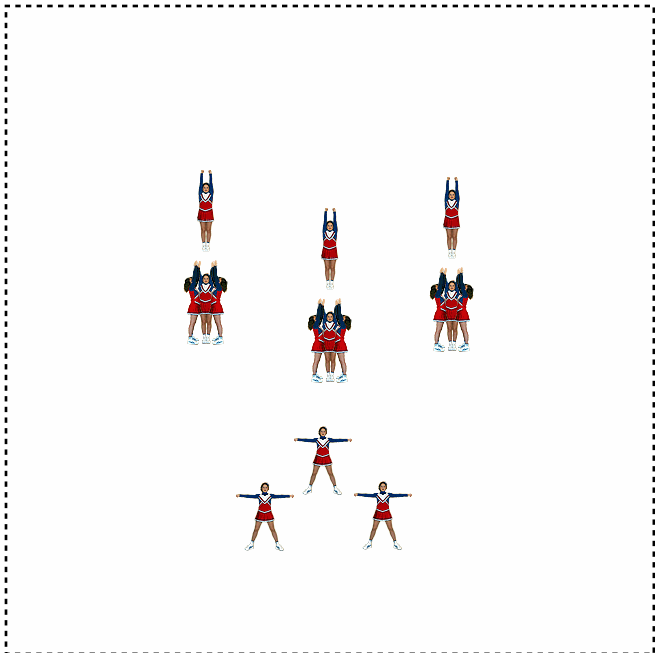
Move ID: 31

Count Text: 3-4



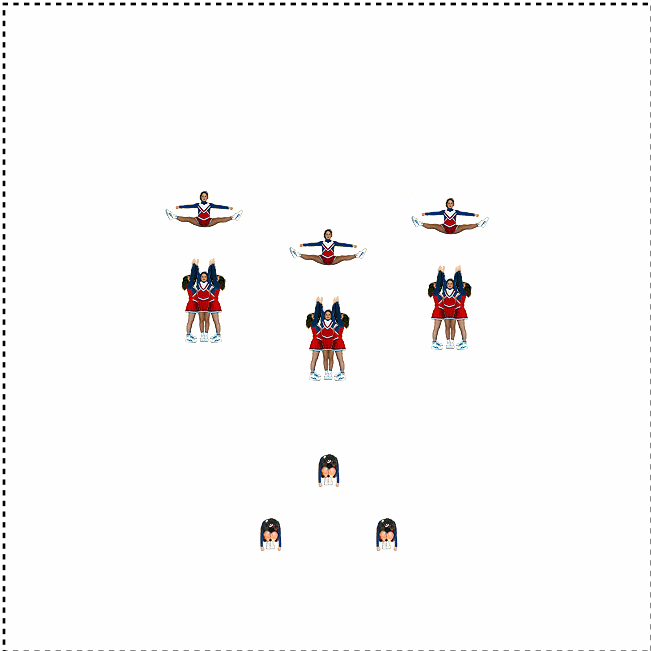
Move ID: 32

Count Text: 5



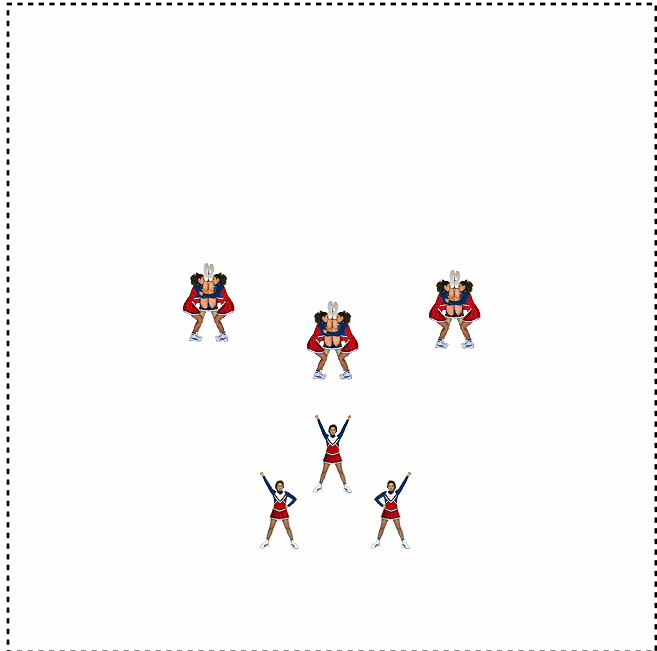
Move ID: 33

Count Text: 6



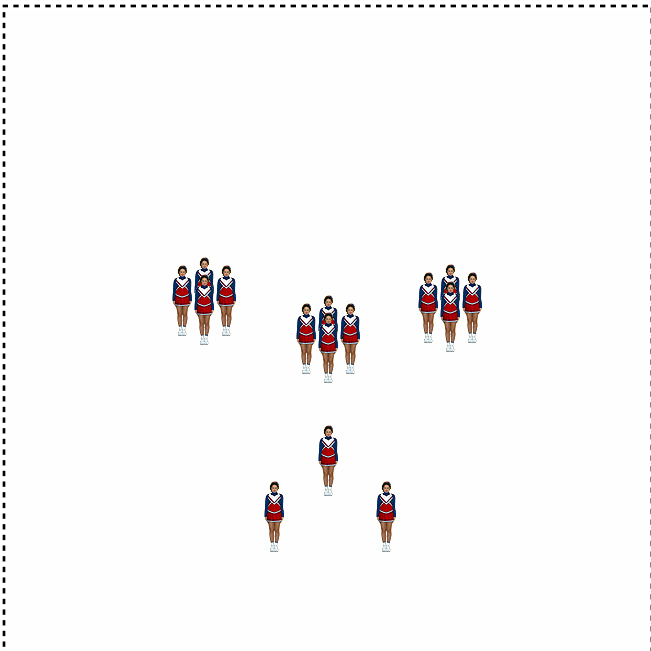
Move ID: 34

Count Text: 7



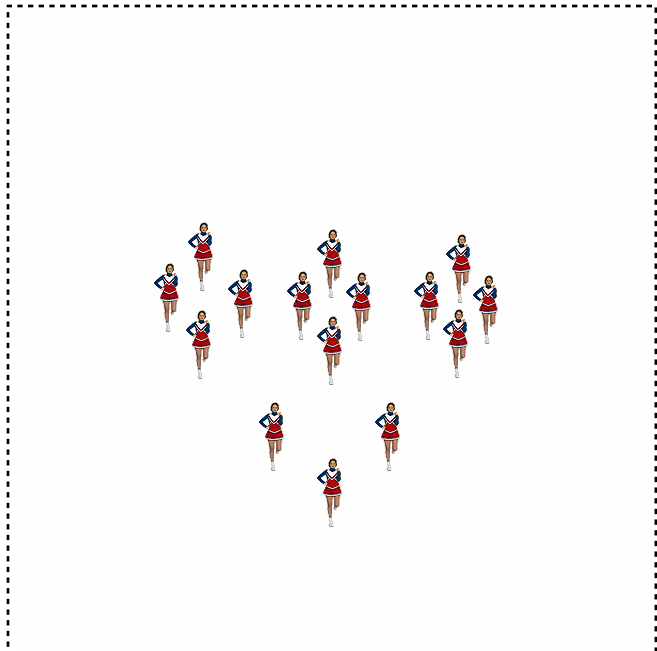
Move ID: 35

Count Text: 8



Move ID: 36

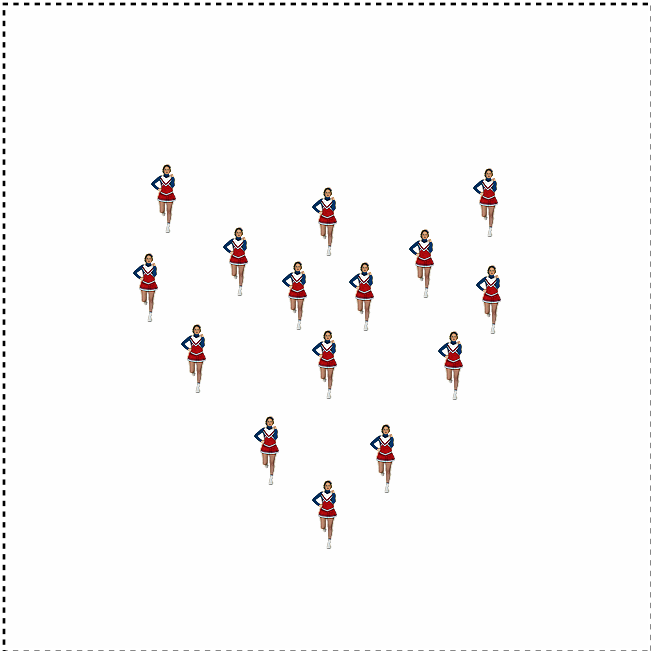
Count Text: 1



Routine 1 - Please adjust counts and moves according to your music and team's ability.

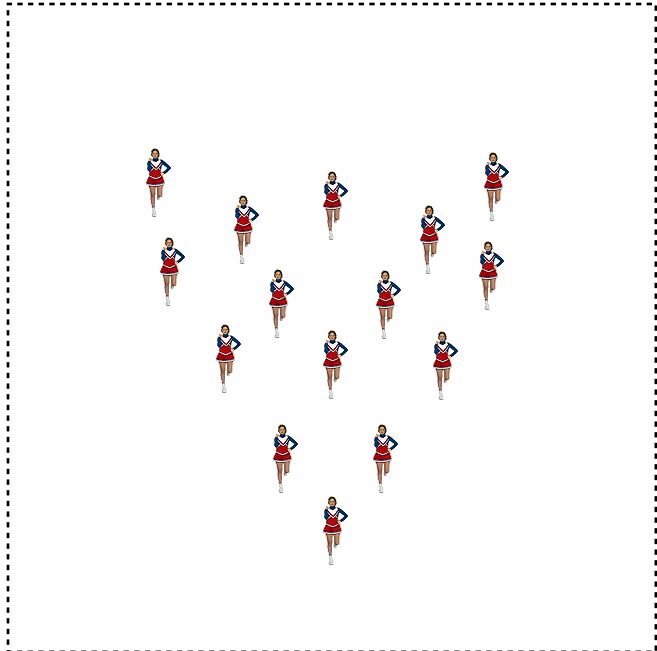
Move ID: 37

Count Text: 2



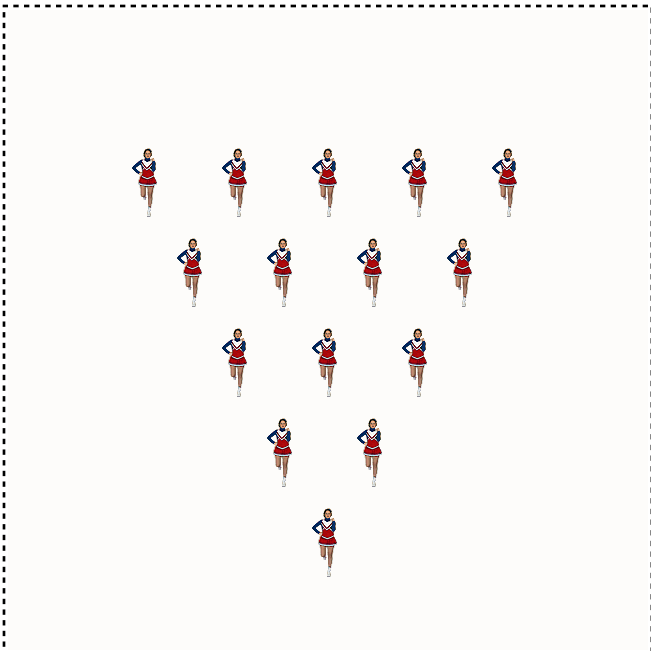
Move ID: 38

Count Text: 3



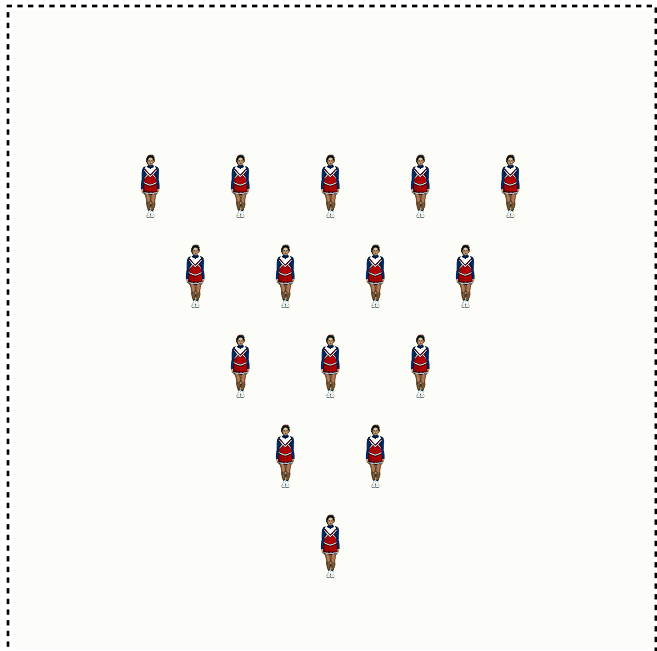
Move ID: 39

Count Text: 4



Move ID: 40

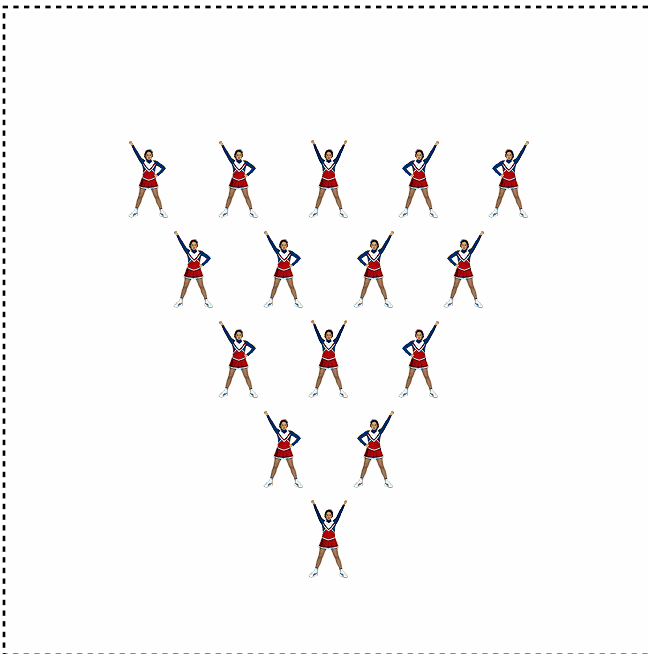
Count Text: 5



Routine 1 - Please adjust counts and moves according to your music and team's ability.

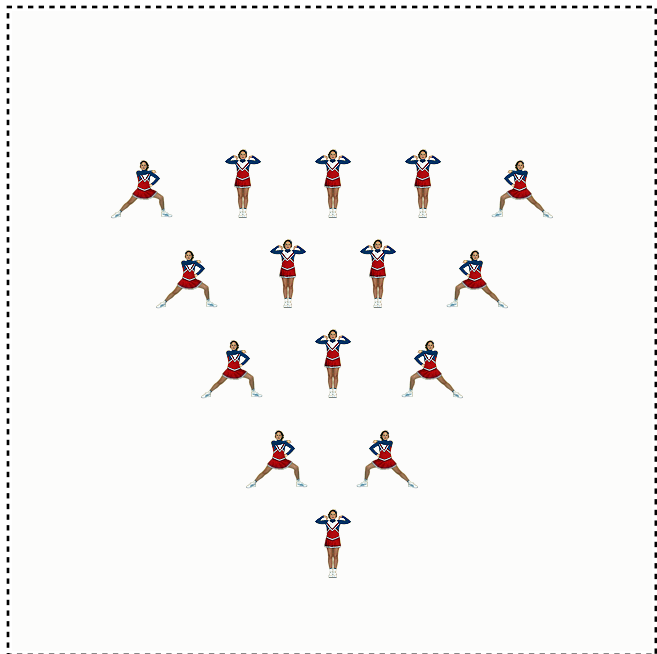
Move ID: 41

Count Text: 6



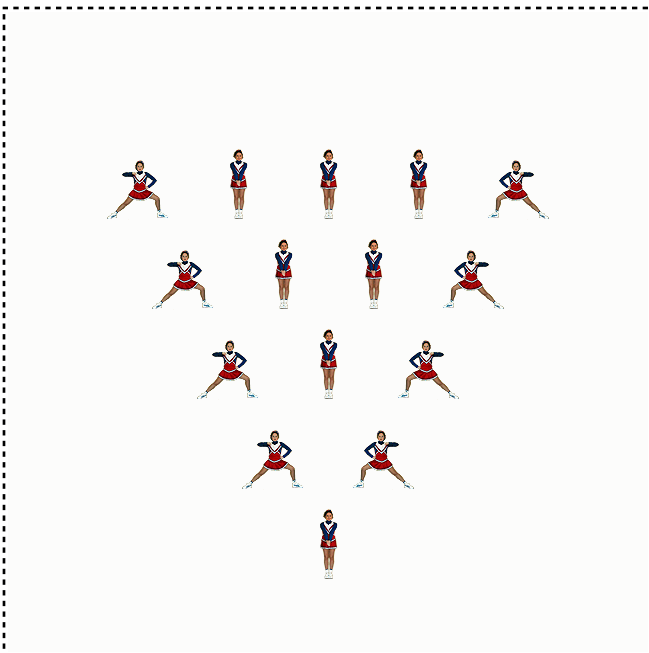
Move ID: 42

Count Text: 7



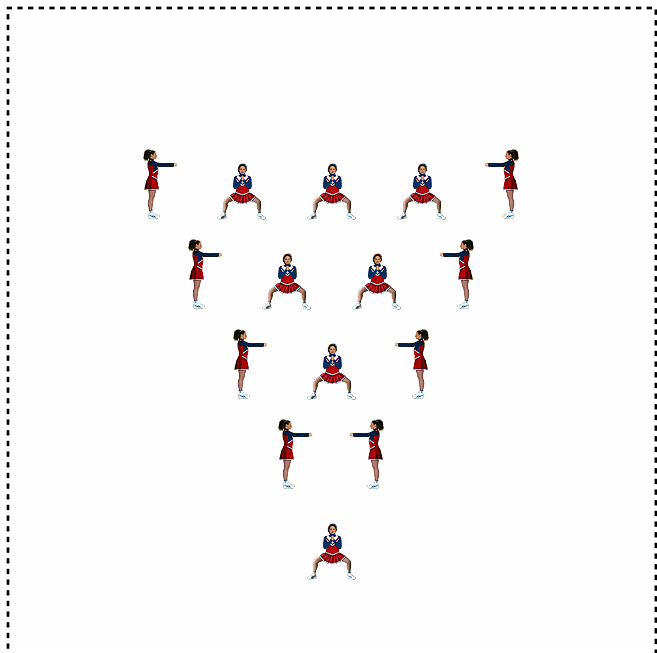
Move ID: 43

Count Text: and



Move ID: 44

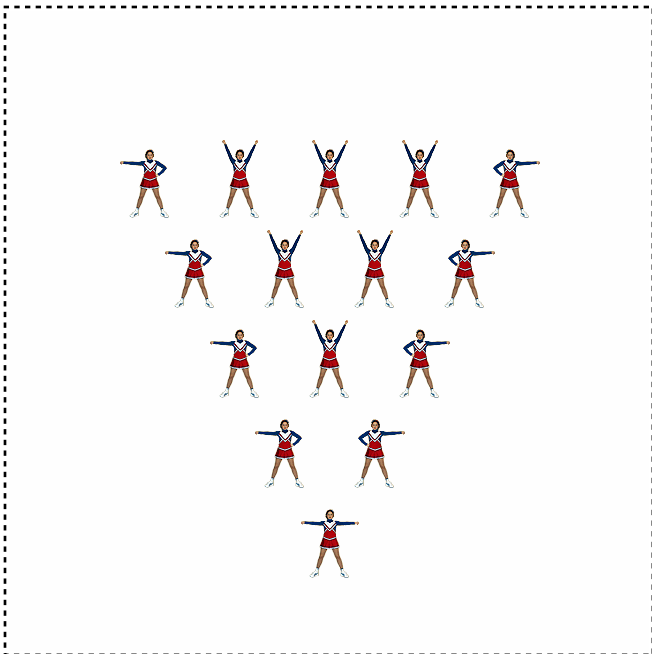
Count Text: 8



Routine 1 - Please adjust counts and moves according to your music and team's ability.

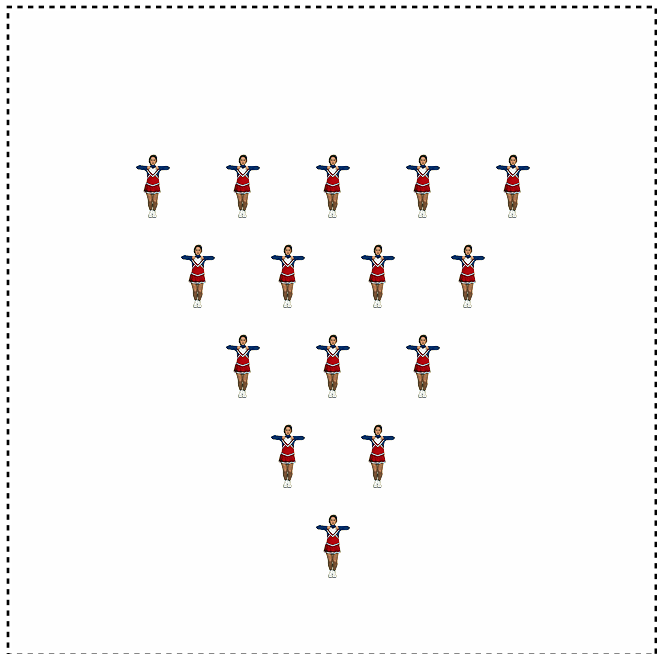
Move ID: 45

Count Text: 1



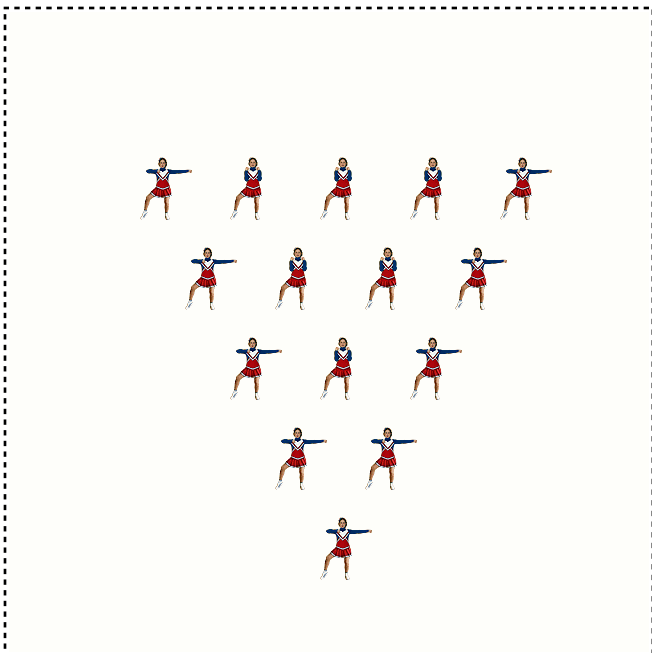
Move ID: 46

Count Text: and



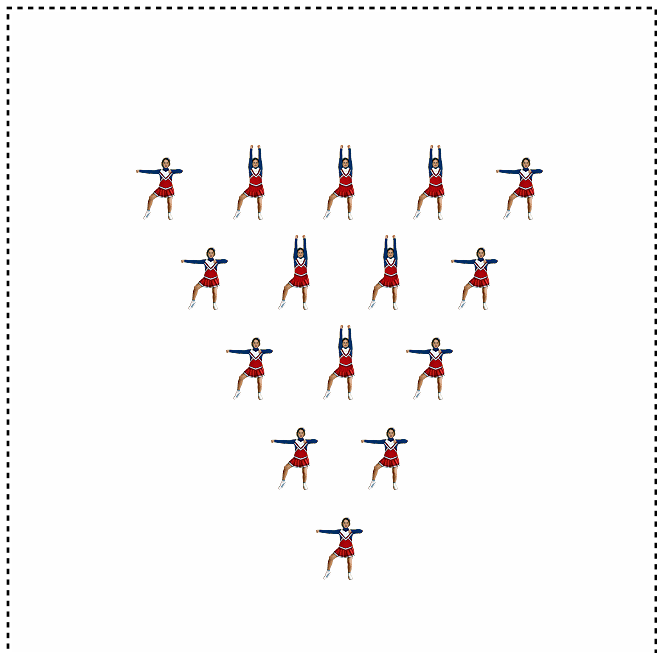
Move ID: 47

Count Text: 2



Move ID: 48

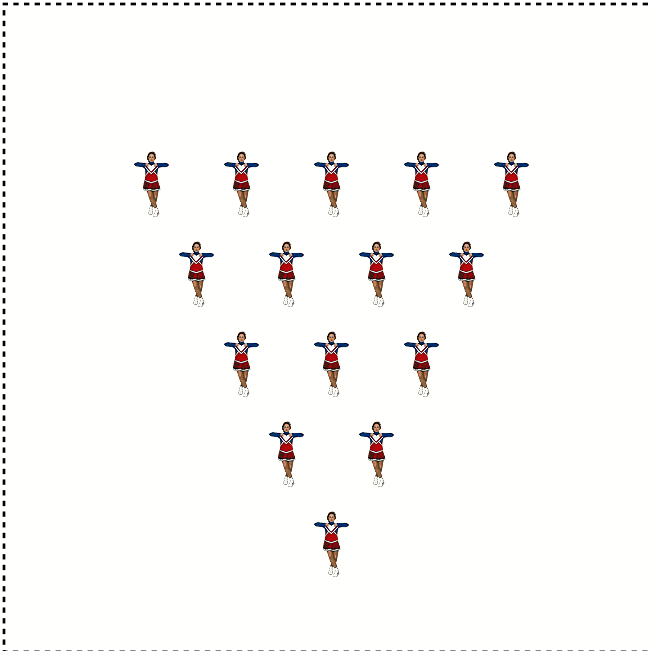
Count Text: and



Routine 1 - Please adjust counts and moves according to your music and team's ability.

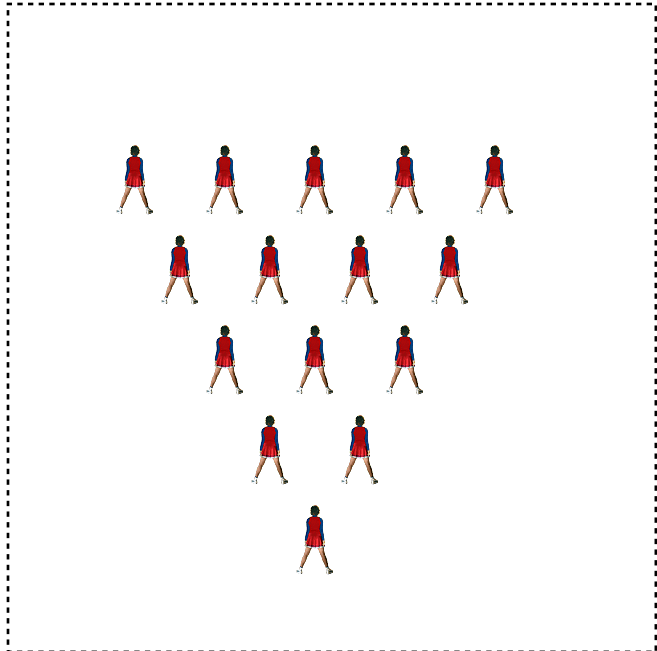
Move ID: 49

Count Text: 3



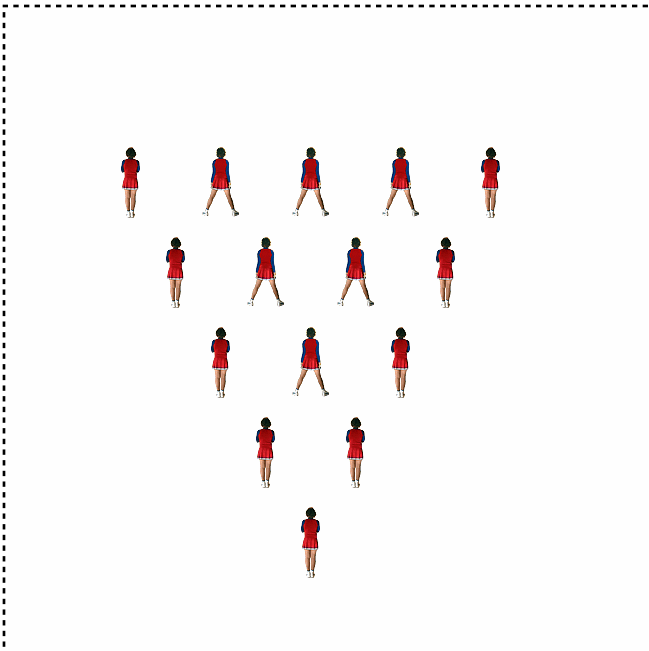
Move ID: 50

Count Text: 4



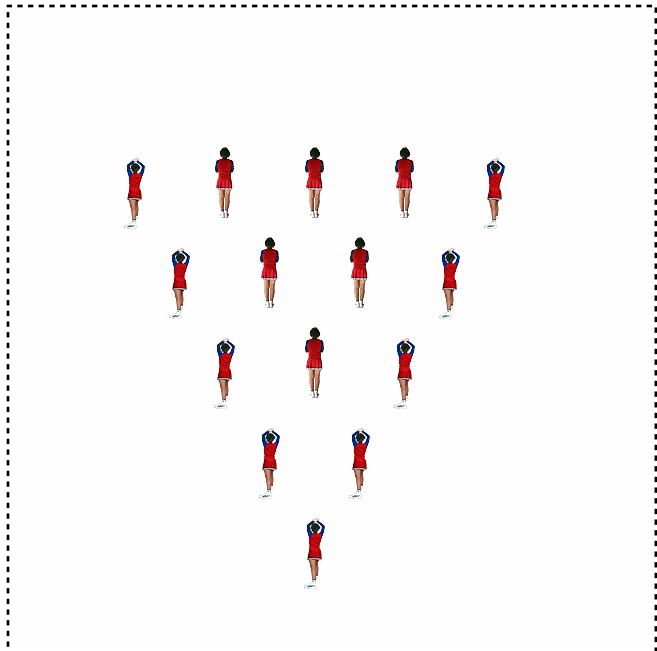
Move ID: 51

Count Text: 5



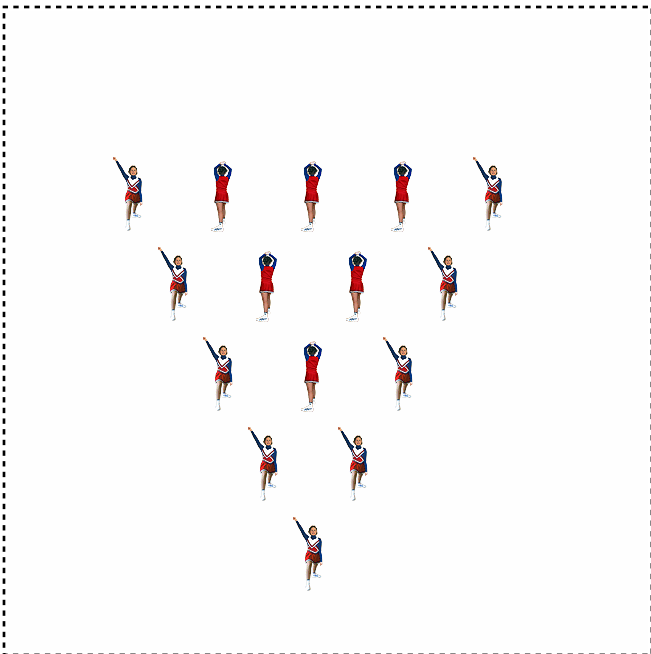
Move ID: 52

Count Text: and



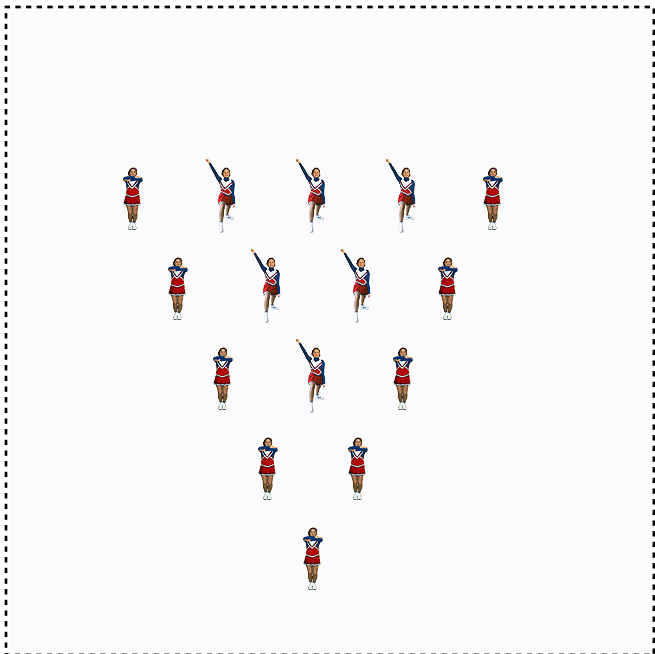
Move ID: 53

Count Text: 6



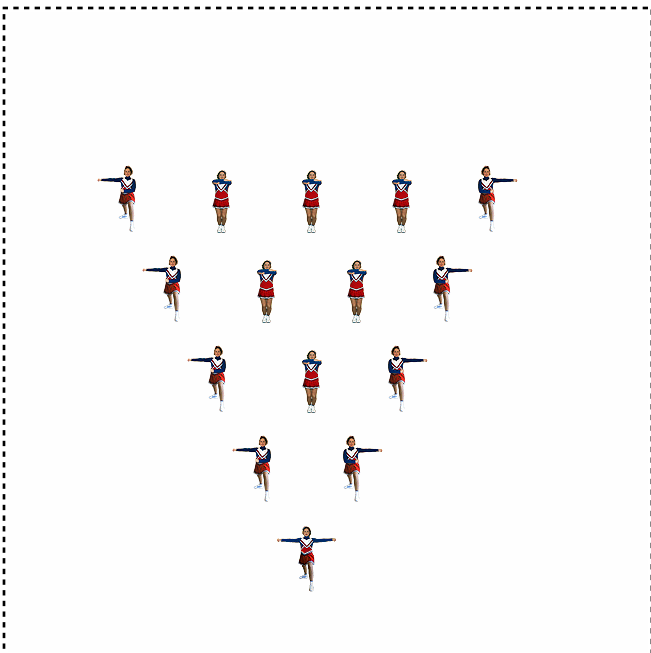
Move ID: 54

Count Text: 7



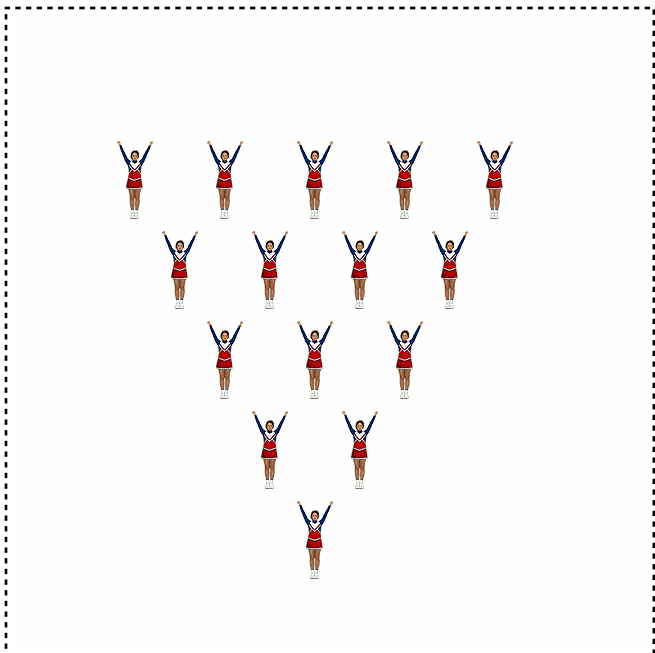
Move ID: 55

Count Text: 8



Move ID: 56

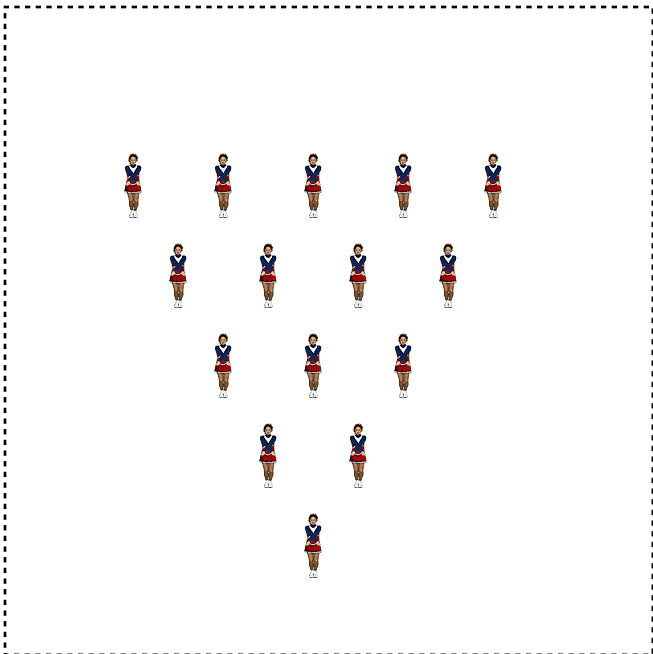
Count Text: 1-2



Routine 1 - Please adjust counts and moves according to your music and team's ability.

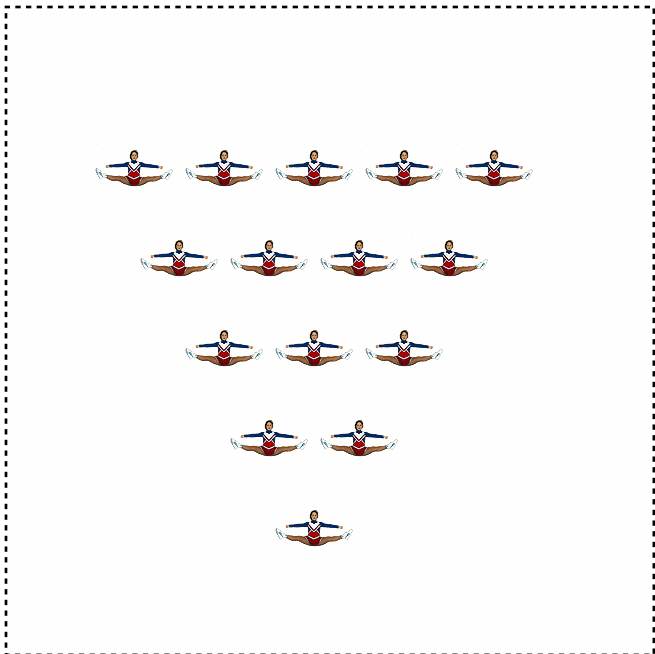
Move ID: 57

Count Text: 3



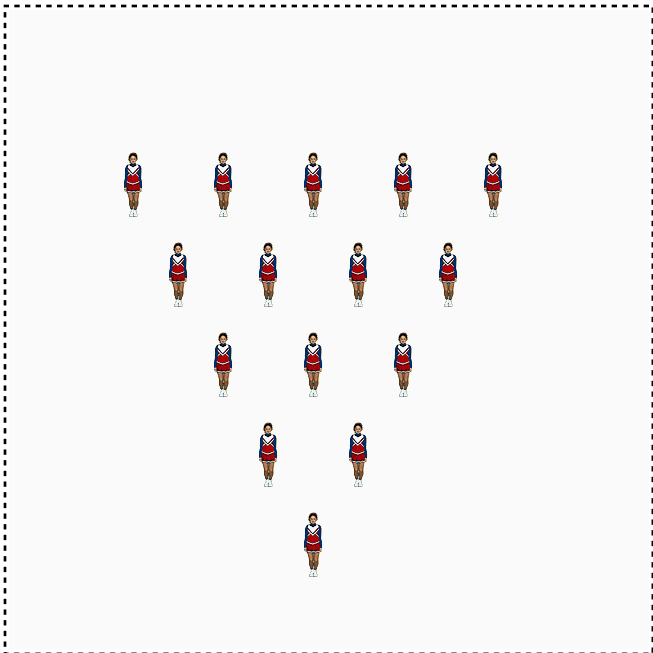
Move ID: 58

Count Text: 4



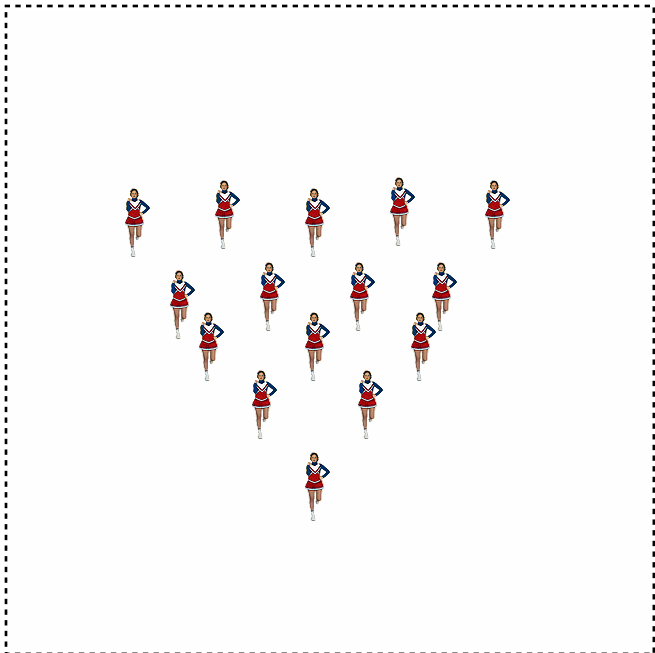
Move ID: 59

Count Text: 5



Move ID: 60

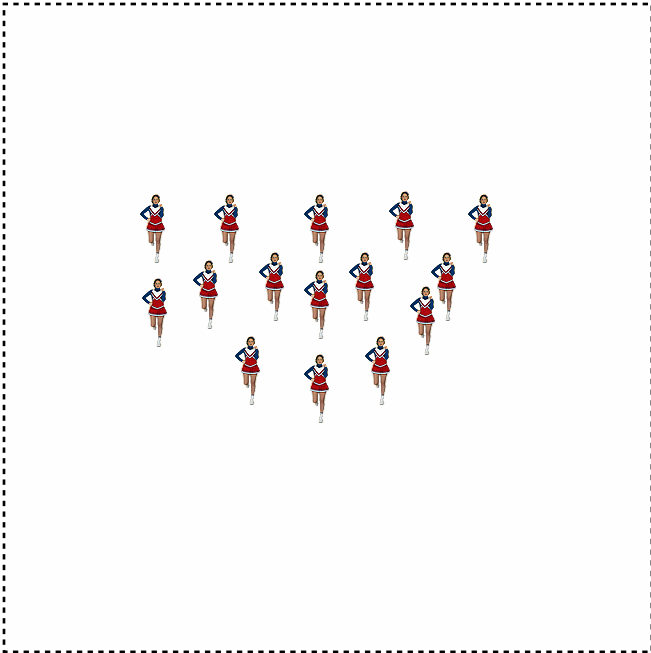
Count Text: 6



Routine 1 - Please adjust counts and moves according to your music and team's ability.

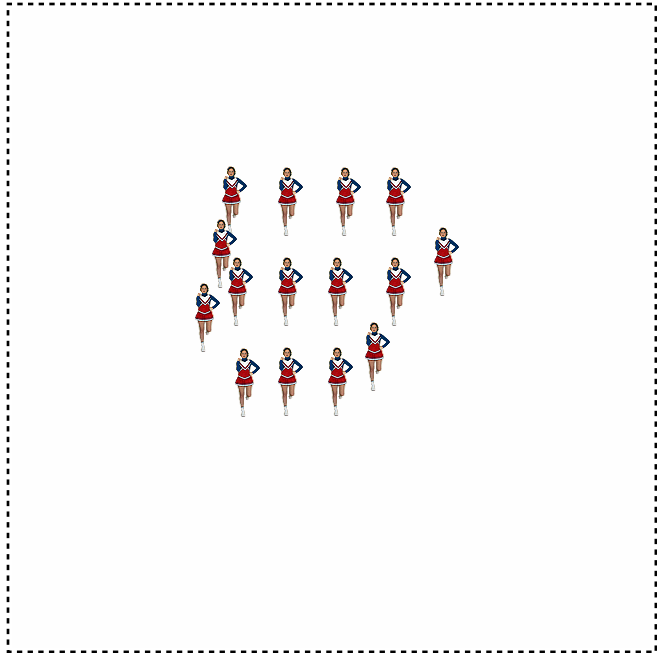
Move ID: 61

Count Text: 7



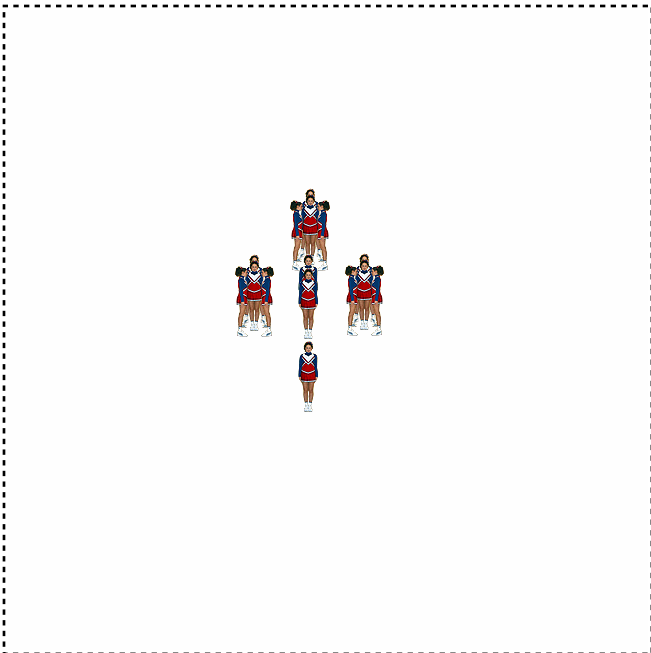
Move ID: 62

Count Text: 8



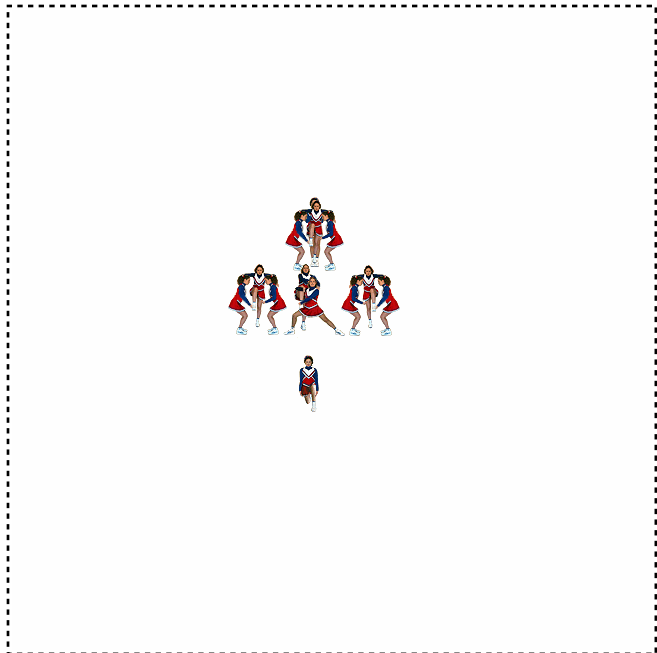
Move ID: 63

Count Text: 1-2



Move ID: 64

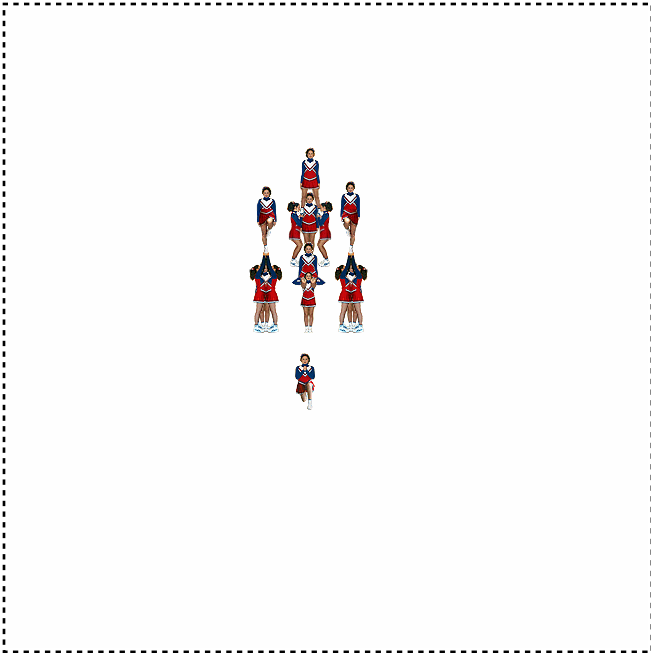
Count Text: 3-4



Routine 1 - Please adjust counts and moves according to your music and team's ability.

Move ID: 65

Count Text: 5-8



Move ID: 66

Count Text: 7-8

