



1. Walk
2. Jog
3. Extend the jog ,at the top of the arena ,stop
4. 360 turn to the left
5. Left lead 1/2 circle, lope to the center
6. Change leads (simple or flying)
7. Right lead 1/2 circle
8. Extended lope up the long side of the arena (right lead)
9. Collect back to a lope around the top of the arena and back to center
10. Break down to a jog
11. Walk over poles
12. Stop and back

