

WBTF ELITE CLASS COMPULSORIES

<u>COMPULSORY NUMBER 10</u>	VERTICAL LH BACK HAND TOSS, 1 SPIN TO LEFT, RIGHT HAND CATCH BACK HAND (SET B)
START POSITION	From a 2 HH behind the back, LH TTB, feet together
BEGIN	<p>LH vertical reverse flourish (extending L arm), reverse whip, TTB; RH on hip</p> <p>One reverse outside loop at L side; bring baton to center of body in front</p> <p>Step forward on R toe into 4th position releve' Release LH back hand [center of baton, center of body; rotate ball under to release]; 2-3 revolutions of baton</p> <p>Push off into one spin L on ball of L foot</p> <p>R foot closes against L ankle; erect posture maintained with head in line with body on spin (During the spin a slight lift of the chin it is allowed to track the baton as long as the head is still in alignment with the body); arms wrapped at waist, [L arm in front, R arm in back] in horizontal position for spin</p> <p>As shoulders are squared to front after spin, circle R arm CC over top while stepping on R foot to L side with L arm straight down to L side; push L foot back [against floor] into R 4th position lunge; [shoulders and hips squared to L side] and simultaneously begin lifting L arm straight up toward the back</p> <p>Catch RH backhand [TTB or TTT] with R arm straight [center of baton, center of body line, back straight]; L arm straight up with palm facing back [arms in diagonal line]; head facing front looking over R shoulder</p>
FOLLOW THROUGH	<p>RH vertical flourish [extending R arm] while stepping L foot to L side (arms in V position as body squares to front)</p> <p>Swing R arm down from R side, place baton behind back to a 2 HH position</p>
STOP	Close R foot into L, facing front