

# Sunday Best

and	8	and	1	and	2	and	3	and	4	and	5	and	6	and	7	and	8	and
<b>0:00 FIRST A</b>																		
			st L				st R				st L	st R BACK		st L				
			st R		br L		st L		br R		st R	st L BACK		st R				
sh L	fle L	fl L	ap		br R		st R		br L		st L	toe R		st R				
	st L	fl R	ap BACK	fl L	ap BACK	st R		ball L	chng R		st L			toe R				
<b>0:15 SECOND A</b>																		
		sh R	fle L	fl R	ap		toe L		st L		toe R		st R	ball L	chng R		toe L	
		sh L	fle L	fl L	ap		toe R		st R		toe L		st L	ball R	chng L		toe R	
		sh R	fle L	fl R	ap		st L		st R		st L		st R	ball L	chng R	toe L		st L
			st R	ball L	chng R		st L	ball R	chng L	toe R			st R		toe L			
<b>0:30 FIRST B</b>																		
st L	stom R	br R	st R		stom L	br L	st L		stom R	br R	st R	st L	stom R	br R	st R			
	stom L	br L	st L		stom R	br R	st R		stom L	br L	st L	st R	stom L	br L	st L			
	stom R	br R	st R		stom L	br L	st L		stom R	br R	st R	st L	stom R	br R	toe R		Inge R	
			st L	ball R	chng L	br R	hl L	st R	br L	hl R	st L	fl R	ap	fl L	ap	fl R	ap	
<b>0:45 SECOND B</b>																		
			st L	fl R	ap	fl L	ap	ball R	chng L	fl R	ap	ball L	chng R	fl L	ap	ball R	chng L	
			st R	fl L	ap	fl R	ap	ball L	chng R	fl L	ap	ball R	chng L	fl R	ap	ball L	chng R	
			st L	ball R	chng L		br R IN		br R OUT		st R	ball L	chng R	br L		ball L	chng R	
			st L		st R		st L		st R		st L		st R	toe L		st L	toe R	

# Sunday Best

and	8	and	1	and	2	and	3	and	4	and	5	and	6	and	7	and	8	and
<b>1:00 THIRD A</b>																		
		fl R	ap		st L		st R		st L		st R	ball L	chng R		toe L			
sh L	fle L	fl L	ap		st R		st L		st R		st L	ball R	chng L		toe R			
sh R	fle R	fl R	ap		st L		st R		st L		st R	ball L	chng R		toe L			
	toe L	fl L	ap	ball R	chng L	fl R	ap	ball L	chng R	fl L	ap	sh R	fle R	ball R	chng L	ball R	chng L	
<b>1:15 FOURTH A</b>																		
		fl R	ap		chug R		st L		chug L		st R	br L	hl R	st L	br R	hl L	st R	
		fl L	ap		chug L		st R		chug R		st L	br R	hl L	st R	br L	hl R	st L	
		fl R	ap		chug R		st L		chug L		st R	br L	hl R	st L	br R	hl L	st R	
			st L	br R	hl L	st R	br L	hl R	st L	br R	hl L	st R	br L	hl R	st L			
<b>1:30 CODA</b>																		
ball R	chng L	ball R	chng L		br R BACK		br R OUT		br R FRONT		st R	br L	hl R	st L	br R	hl L	st R	
			st L	br R	hl L	st R	br L	hl R	st L		st R	br L	hl R	st L	br R	hl L	st R	
			br L FRONT		br L CROSS		br L FRONT		br L BACK		st L	br R	hl L	st R	br L	hl R	st L	
		fl R	ap	fl L	ap	fl R	ap	fl L	ap		st R	ball L	chng R		st L	ball R	chng L	
			st R	ball L	chng R	br L	hl R	st L	br R	hl L	st R	ball L	chng R	toe L				Inge L