

Set Counts Left-Right table with 23 rows of performance counts and directions.

FRONT-BACK table with 23 rows of performance counts and directions.

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Set Counts Left-Right table with 23 rows of performance counts and directions.

FRONT-BACK table with 23 rows of performance counts and directions.

Set	Counts	Left-Right
1	0	Left: 1.0 steps inside 35 yd in
2	16	Left: 0.25 steps inside 35 yd in
3	8	Left: 1.25 steps inside 35 yd in
3A	24	Left: 0.25 steps outside 35 yd in
4	24	Left: 1.25 steps outside 35 yd in
5	12	Left: 3.75 steps inside 40 yd in
6	10	Left: 3.75 steps inside 40 yd in
7	16	Left: On 30 yd in
8	16	Left: On 30 yd in
8A	32	Left: On 30 yd in
9	16	Left: 2.0 steps outside 35 yd in
10	16	Left: 4.0 steps outside 35 yd in
10A	41	Left: 4.0 steps inside 35 yd in
11	16	Left: On 30 yd in
12	14	Left: On 25 yd in
13	6	Left: On 25 yd in
14	16	Left: On 25 yd in
15	8	Left: On 30 yd in
16	32	Left: On 40 yd in
17	16	Left: On 40 yd in
18	2	Left: On 40 yd in
19	20	Left: 2.5 steps outside 30 yd in
20	16	Left: 1.25 steps inside 25 yd in
21	14	Left: 1.25 steps inside 25 yd in
21A	4	Left: 1.25 steps inside 25 yd in
22	22	Left: On 25 yd in
23	41	Left: On 25 yd in

Set	Counts	Left-Right
1	0	Left: 2.0 steps inside 20 yd in
2	16	Left: 1.75 steps outside 35 yd in
3	8	Left: 2.25 steps outside 40 yd in
3A	24	Left: 1.5 steps inside 30 yd in
4	24	Left: On 30 yd in
5	12	Left: 3.0 steps outside 35 yd in
6	10	Left: 3.0 steps outside 35 yd in
7	16	Left: On 25 yd in
8	16	Left: On 20 yd in
8A	32	Left: On 20 yd in
9	16	Left: 4.0 steps inside 20 yd in
10	16	Left: On 25 yd in
10A	41	Left: On 25 yd in
11	16	Left: 2.5 steps inside 20 yd in
12	14	Left: On 20 yd in
13	6	Left: On 20 yd in
14	16	Left: On 20 yd in
15	8	Left: On 30 yd in
16	32	Left: On 40 yd in
17	16	Left: On 40 yd in
18	2	Left: On 40 yd in
19	20	Left: 2.5 steps inside 20 yd in
20	16	Left: On 25 yd in
21	14	Left: On 25 yd in
21A	4	Left: On 25 yd in
22	22	Left: 4.0 steps inside 25 yd in
23	41	Left: 4.0 steps inside 25 yd in

Set	Counts	Left-Right
1	0	Left: 2.25 steps outside 40 yd in
2	16	Left: 3.25 steps outside 30 yd in
3	8	Left: 3.25 steps outside 30 yd in
3A	24	Left: 0.5 steps outside 40 yd in
4	24	Left: 0.5 steps outside 40 yd in
5	12	Left: 0.5 steps outside 45 yd in
6	10	Left: 0.5 steps outside 45 yd in
7	16	Left: On 35 yd in
8	16	Left: On 35 yd in
8A	32	Left: On 35 yd in
9	16	Left: 2.0 steps inside 35 yd in
10	16	Left: 4.0 steps inside 35 yd in
10A	41	Left: 4.0 steps inside 35 yd in
11	14	Left: 3.0 steps outside 30 yd in
12	14	Left: 3.75 steps outside 30 yd in
13	8	Left: 3.75 steps outside 30 yd in
14	16	Left: 3.75 steps outside 30 yd in
15	19	Left: On 40 yd in
16	32	On 50 yd in
17	16	On 50 yd in
18	2	On 50 yd in
19	20	Left: 3.75 steps inside 40 yd in
20	16	Left: 0.5 steps inside 40 yd in
21	14	Left: 0.5 steps inside 40 yd in
21A	4	Left: 0.5 steps inside 40 yd in
22	22	Left: 1.5 steps inside 25 yd in
23	41	Left: 1.5 steps inside 25 yd in

Set	Counts	Left-Right
1	0	Left: 1.25 steps inside 25 yd in
2	16	Left: 4.0 steps outside 40 yd in
3	8	Left: 3.75 steps outside 35 yd in
3A	24	Left: 1.25 steps outside 30 yd in
4	24	Left: 1.0 steps outside 30 yd in
5	12	Left: 1.75 steps inside 35 yd in
6	10	Left: 1.75 steps inside 35 yd in
7	16	Left: On 25 yd in
8	16	Left: On 25 yd in
8A	32	Left: On 25 yd in
9	16	Left: 3.0 steps outside 30 yd in
10	16	Left: 2.0 steps inside 30 yd in
10A	41	Left: 2.0 steps inside 30 yd in
11	16	Left: 1.5 steps outside 30 yd in
12	14	Left: 2.0 steps outside 30 yd in
13	8	Left: 2.0 steps outside 30 yd in
14	16	Left: 2.0 steps outside 30 yd in
15	19	Left: On 45 yd in
16	32	Right: On 45 yd in
17	16	Right: On 45 yd in
18	2	Right: On 45 yd in
19	20	Left: 1.25 steps outside 50 yd in
20	16	Left: On 50 yd in
21	14	Left: On 50 yd in
21A	4	Left: On 50 yd in
22	22	Left: 4.0 steps outside 35 yd in
23	41	Left: 4.0 steps outside 35 yd in

Set	Counts	Left-Right
1	0	Left: 3.5 steps inside 35 yd in
2	16	Left: 0.25 steps outside 30 yd in
3	8	Left: 1.5 steps inside 30 yd in
3A	24	Left: 0.5 steps outside 45 yd in
4	24	Left: 1.25 steps outside 45 yd in
5	12	Left: 2.5 steps outside 50 yd in
6	10	Left: 2.5 steps outside 50 yd in
7	16	Left: On 40 yd in
8	16	Left: On 40 yd in
8A	32	Left: On 40 yd in
9	16	Left: 4.0 steps inside 30 yd in
10	16	Left: On 25 yd in
10A	41	Left: On 25 yd in
11	16	Left: 4.0 steps inside 25 yd in
12	14	Left: 0.25 steps outside 25 yd in
13	8	Left: 0.25 steps outside 25 yd in
14	16	Left: 0.25 steps outside 25 yd in
15	19	Left: On 40 yd in
16	32	On 50 yd in
17	16	On 50 yd in
18	2	On 50 yd in
19	20	Left: 1.75 steps outside 40 yd in
20	16	Left: 1.25 steps inside 35 yd in
21	14	Left: 1.25 steps inside 35 yd in
21A	4	Left: 1.25 steps inside 35 yd in
22	22	Left: 1.75 steps outside 25 yd in
23	41	Left: 1.75 steps outside 25 yd in

Set	Counts	Left-Right
1	0	Left: 1.25 steps inside 30 yd in
2	16	Left: 3.75 steps outside 40 yd in
3	8	Left: 1.25 steps outside 35 yd in
3A	24	Left: 1.75 steps inside 30 yd in
4	24	Left: 4.0 steps inside 30 yd in
5	12	Left: 1.25 steps outside 40 yd in
6	10	Left: 1.25 steps outside 40 yd in
7	16	Left: On 20 yd in
8	16	Left: On 20 yd in
8A	32	Left: On 20 yd in
9	16	Left: 4.0 steps inside 20 yd in
10	16	Left: On 25 yd in
10A	41	Left: On 25 yd in
11	16	Left: On 25 yd in
12	14	Left: 2.75 steps inside 20 yd in
13	8	Left: 2.75 steps inside 20 yd in
14	16	Left: 0.25 steps inside 20 yd in
15	19	Left: On 35 yd in
16	32	Left: On 45 yd in
17	16	Left: On 45 yd in
18	2	Left: On 45 yd in
19	20	Left: 3.0 steps inside 30 yd in
20	16	Left: 3.0 steps outside 30 yd in
21	14	Left: 3.0 steps outside 30 yd in
21A	4	Left: 3.0 steps outside 30 yd in
22	22	Left: 4.0 steps outside 25 yd in
23	41	Left: 2.5 steps outside 25 yd in

Table with columns Set, Counts, Left, Right and rows 1-23 detailing dance steps like '11.0 steps in front of BACK Hash (HS)'.

Table with columns Set, Counts, Left, Right and rows 1-23 detailing dance steps like '4.25 steps in front of FRONT Hash (HS)'.

Table with columns Set, Counts, Left, Right and rows 1-23 detailing dance steps like '6.0 steps in front of BACK Hash (HS)'.

Table with columns Set, Counts, Left, Right and rows 1-23 detailing dance steps like '2.0 steps behind FRONT Hash (HS)'.

Table with columns Set, Counts, Left, Right and rows 1-23 detailing dance steps like '4.25 steps in front of BACK Hash (HS)'.

Table with columns Set, Counts, Left, Right and rows 1-23 detailing dance steps like '9.5 steps behind FRONT Hash (HS)'.









FRONT-BACK

Table with 3 columns: Set, Counts, Left/Right. Rows 1-23 detailing steps like '1 0 Lett: 2.0 steps outside 45 yd In'.

FRONT-BACK

Table with 3 columns: Set, Counts, Left/Right. Rows 1-23 detailing steps like '1 0 Lett: 2.75 steps outside 45 yd In'.

FRONT-BACK

Table with 3 columns: Set, Counts, Left/Right. Rows 1-23 detailing steps like '1 0 Lett: 4.0 steps outside 45 yd In'.

FRONT-BACK

Table with 3 columns: Set, Counts, Left/Right. Rows 1-23 detailing steps like '1 0 Lett: 1.25 steps outside 45 yd In'.

FRONT-BACK

Table with 3 columns: Set, Counts, Left/Right. Rows 1-23 detailing steps like '1 0 Lett: 1.5 steps inside 40 yd In'.

FRONT-BACK

Table with 3 columns: Set, Counts, Left/Right. Rows 1-23 detailing steps like '1 0 Lett: 1.0 steps outside 45 yd In'.







Set	Counts	Left-Right
1	0	Left: 3.25 steps outside 35 yd In
2	16	Left: 2.5 steps outside 30 yd In
3	8	Left: 2.5 steps outside 30 yd In
3A	24	Left: 2.5 steps outside 30 yd In
4	24	Left: On 35 yd In
5	12	Left: 3.0 steps inside 30 yd In
6	10	Left: 3.0 steps inside 30 yd In
7	16	Left: 0.5 steps outside 25 yd In
8A	32	Left: 0.5 steps outside 30 yd In
9	16	Left: 2.75 steps inside 35 yd In
10	16	Left: 2.75 steps inside 45 yd In
10A	41	Left: 1.0 steps outside 40 yd In
11	16	Left: 1.0 steps outside 40 yd In
12	14	Left: 1.25 steps inside 30 yd In
13	6	Left: 3.5 steps inside 30 yd In
14	8	Left: On 35 yd In
15	32	Left: 2.0 steps inside 45 yd In
16	32	Left: 2.0 steps inside 45 yd In
17	2	Left: 2.0 steps outside 25 yd In
18	2	Left: 2.0 steps outside 35 yd In
19	20	Left: 2.0 steps outside 35 yd In
20	16	Left: 2.0 steps outside 35 yd In
21	14	Left: 0.5 steps inside 40 yd In
21A	4	Left: 0.5 steps inside 40 yd In
22	22	Left: 1.25 steps inside 30 yd In
23	41	Left: 1.25 steps inside 30 yd In

Set	Counts	Left-Right
1	0	Right: On 25 yd In
2	16	Right: On 30 yd In
3	8	Right: On 30 yd In
3A	24	Right: On 30 yd In
4	24	Right: On 40 yd In
5	12	Right: 4.0 steps outside 50 yd In
6	10	Right: 1.0 steps inside 40 yd In
7	16	Right: On 30 yd In
8	16	Right: On 30 yd In
8A	32	Right: On 40 yd In
9	16	Right: On 40 yd In
10	16	Right: On 45 yd In
10A	41	Right: On 45 yd In
11	16	Right: On 45 yd In
12	14	Left: 4.0 steps outside 50 yd In
13	6	Right: 0.75 steps outside 50 yd In
14	16	Right: On 35 yd In
15	32	Right: 2.0 steps outside 25 yd In
16	32	Right: 2.0 steps outside 25 yd In
17	2	Right: 2.0 steps inside 35 yd In
18	2	Right: 2.0 steps inside 35 yd In
19	20	Right: 2.0 steps inside 35 yd In
20	16	Right: 2.0 steps inside 35 yd In
21	14	Right: 1.5 steps outside 45 yd In
21A	4	Right: 1.5 steps outside 45 yd In
22	22	Right: 3.75 steps outside 40 yd In
23	41	Right: 3.75 steps outside 40 yd In

Set	Counts	Left-Right
1	0	Left: 2.25 steps outside 35 yd In
2	16	Left: 0.25 steps inside 30 yd In
3	8	Left: 0.25 steps inside 30 yd In
3A	24	Left: 0.25 steps inside 30 yd In
4	24	Left: 4.0 steps inside 35 yd In
5	12	Left: 1.0 steps outside 35 yd In
6	10	Left: 1.0 steps outside 35 yd In
7	16	Left: 1.5 steps outside 35 yd In
8	16	Left: 3.75 steps inside 30 yd In
8A	32	Left: 3.75 steps inside 30 yd In
9	16	Left: 1.25 steps outside 30 yd In
10	16	Left: 1.25 steps outside 45 yd In
10A	41	Left: 1.25 steps outside 45 yd In
11	16	Left: 1.25 steps inside 35 yd In
12	14	Left: On 30 yd In
13	8	Left: On 30 yd In
14	16	Left: 2.0 steps outside 40 yd In
15	19	Left: On 45 yd In
16	32	Left: On 45 yd In
17	16	Left: 2.0 steps outside 45 yd In
18	2	Left: 2.0 steps outside 45 yd In
19	20	Left: 2.0 steps outside 45 yd In
20	16	Left: 2.0 steps outside 45 yd In
21	14	Left: 0.5 steps outside 40 yd In
21A	4	Left: 0.5 steps outside 40 yd In
22	22	Left: 1.75 steps inside 40 yd In
23	41	Left: 1.75 steps inside 40 yd In

Set	Counts	Left-Right
1	0	Left: On 30 yd In
2	16	Left: 2.25 steps inside 25 yd In
3	8	Left: 2.25 steps inside 25 yd In
3A	24	Left: 2.25 steps inside 25 yd In
4	24	Left: On 35 yd In
5	12	Left: 3.0 steps outside 35 yd In
6	10	Left: 3.0 steps outside 35 yd In
7	16	Left: 3.25 steps outside 30 yd In
8	16	Left: 1.5 steps inside 30 yd In
8A	32	Left: 1.5 steps inside 30 yd In
9	16	Left: 4.0 steps inside 40 yd In
10	16	Left: 4.0 steps inside 40 yd In
10A	41	Left: 4.0 steps inside 40 yd In
11	16	Left: On 35 yd In
12	14	Left: On 30 yd In
13	8	Left: On 30 yd In
14	16	Left: On 40 yd In
15	19	Left: On 45 yd In
16	32	Left: On 45 yd In
17	16	Left: 2.0 steps inside 45 yd In
18	2	Left: 2.0 steps inside 45 yd In
19	20	Left: 2.0 steps outside 35 yd In
20	16	Left: 2.0 steps outside 35 yd In
21	14	Left: 0.5 steps inside 40 yd In
21A	4	Left: 0.5 steps inside 40 yd In
22	22	Left: 4.0 steps inside 40 yd In
23	41	Left: 4.0 steps inside 40 yd In

Set	Counts	Left-Right
1	0	Left: 2.25 steps outside 35 yd In
2	16	Left: 2.75 steps inside 30 yd In
3	8	Left: 2.75 steps inside 30 yd In
3A	24	Left: 2.75 steps inside 30 yd In
4	24	Left: On 40 yd In
5	12	Left: 3.0 steps inside 35 yd In
6	10	Left: 3.0 steps inside 35 yd In
7	16	Left: 2.75 steps inside 35 yd In
8	16	Left: 0.75 steps inside 35 yd In
8A	32	Left: 0.75 steps inside 35 yd In
9	16	Left: 4.0 steps inside 45 yd In
10	16	Left: 4.0 steps inside 45 yd In
10A	41	Left: 4.0 steps inside 45 yd In
11	16	Left: 3.5 steps inside 35 yd In
12	14	Left: On 30 yd In
13	8	Left: On 30 yd In
14	16	Left: 1.75 steps inside 35 yd In
15	19	Left: On 45 yd In
16	32	Left: On 45 yd In
17	16	Left: 2.0 steps outside 45 yd In
18	2	Left: 2.0 steps outside 45 yd In
19	20	Left: 2.0 steps outside 45 yd In
20	16	Left: 2.0 steps outside 45 yd In
21	14	Left: 0.5 steps outside 40 yd In
21A	4	Left: 0.5 steps outside 40 yd In
22	22	Left: 1.5 steps inside 35 yd In
23	41	Left: 1.5 steps inside 35 yd In

Set	Counts	Left-Right
1	0	Left: 2.5 steps inside 30 yd In
2	16	Left: 3.5 steps inside 25 yd In
3	8	Left: 3.5 steps inside 25 yd In
3A	24	Left: 3.5 steps inside 25 yd In
4	24	Left: 4.0 steps inside 35 yd In
5	12	Left: 1.0 steps inside 35 yd In
6	10	Left: 1.0 steps inside 35 yd In
7	16	Left: 0.5 steps inside 35 yd In
8	16	Left: 1.75 steps outside 35 yd In
8A	32	Left: 1.75 steps outside 35 yd In
9	16	Left: 1.25 steps inside 45 yd In
10	16	Left: 1.25 steps inside 45 yd In
10A	41	Left: 1.25 steps inside 45 yd In
11	16	Left: 2.25 steps outside 35 yd In
12	14	Left: 0.25 steps outside 30 yd In
13	8	Left: 0.25 steps outside 30 yd In
14	16	Left: 4.0 steps inside 35 yd In
15	19	Left: On 35 yd In
16	32	Left: On 35 yd In
17	16	Left: 2.0 steps inside 45 yd In
18	2	Left: 2.0 steps inside 45 yd In
19	20	Left: 2.0 steps outside 35 yd In
20	16	Left: 2.0 steps outside 35 yd In
21	14	Left: 0.5 steps inside 40 yd In
21A	4	Left: 0.5 steps inside 40 yd In
22	22	Left: 3.5 steps inside 35 yd In
23	41	Left: 3.5 steps inside 35 yd In

**FRONT-BACK**

- | Set | Counts | Left-Right                        |
|-----|--------|-----------------------------------|
| 1   | 0      | Left: 2.5 steps outside 30 yd In  |
| 2   | 16     | Left: 3.5 steps outside 35 yd In  |
| 3   | 8      | Left: 3.5 steps outside 35 yd In  |
| 3A  | 24     | Left: 3.5 steps outside 35 yd In  |
| 4   | 24     | Left: 4.0 steps outside 40 yd In  |
| 5   | 12     | Left: 1.0 steps outside 40 yd In  |
| 6   | 10     | Left: 2.0 steps outside 40 yd In  |
| 7   | 16     | Left: 2.0 steps outside 40 yd In  |
| 8A  | 32     | Left: 2.0 steps outside 30 yd In  |
| 9   | 16     | Left: On: 35 yd In                |
| 10  | 16     | Left: On: 45 yd In                |
| 10A | 41     | Left: 2.25 steps outside 40 yd In |
| 11  | 14     | Left: 0.5 steps inside 30 yd In   |
| 12  | 14     | Left: 0.5 steps inside 30 yd In   |
| 13  | 6      | Left: 2.5 steps outside 35 yd In  |
| 14  | 16     | Left: On: 35 yd In                |
| 15  | 16     | Left: On: 45 yd In                |
| 16  | 32     | Left: 2.5 steps outside 45 yd In  |
| 17  | 2      | Left: 2.0 steps outside 50 yd In  |
| 18  | 2      | Left: 2.0 steps outside 50 yd In  |
| 19  | 20     | Left: 2.0 steps outside 35 yd In  |
| 20  | 16     | Left: 2.0 steps inside 30 yd In   |
| 21  | 14     | Left: 2.25 steps outside 40 yd In |
| 21A | 4      | Left: 2.25 steps outside 40 yd In |
| 22  | 22     | Left: 1.25 steps inside 30 yd In  |
| 23  | 41     | Left: 1.25 steps inside 30 yd In  |

**FRONT-BACK**

- | Set | Counts | Left-Right                         |
|-----|--------|------------------------------------|
| 1   | 0      | Left: 3.25 steps outside 35 yd In  |
| 2   | 16     | Left: 3.25 steps outside 35 yd In  |
| 3   | 8      | Left: 3.25 steps outside 35 yd In  |
| 3A  | 24     | Left: 3.25 steps outside 35 yd In  |
| 4   | 24     | Left: 4.0 steps outside 40 yd In   |
| 5   | 12     | Left: 1.0 steps outside 40 yd In   |
| 6   | 10     | Left: 1.0 steps outside 40 yd In   |
| 7   | 16     | Left: 2.25 steps outside 40 yd In  |
| 8A  | 32     | Left: 2.25 steps outside 40 yd In  |
| 9   | 16     | Left: 1.25 steps inside 40 yd In   |
| 10  | 16     | Right: 1.25 steps outside 50 yd In |
| 10A | 41     | Right: 1.25 steps outside 50 yd In |
| 11  | 14     | Right: 3.25 steps outside 50 yd In |
| 12  | 14     | Right: 0.25 steps outside 50 yd In |
| 13  | 6      | Right: 0.25 steps outside 50 yd In |
| 14  | 16     | Left: 1.0 steps outside 45 yd In   |
| 15  | 16     | Left: On: 40 yd In                 |
| 16  | 32     | Left: 2.0 steps outside 50 yd In   |
| 17  | 2      | Left: 2.0 steps outside 50 yd In   |
| 18  | 2      | Left: 2.0 steps outside 50 yd In   |
| 19  | 20     | Left: 2.0 steps outside 35 yd In   |
| 20  | 16     | Left: 2.0 steps inside 35 yd In    |
| 21  | 14     | Left: 3.25 steps inside 40 yd In   |
| 21A | 4      | Left: 3.25 steps inside 40 yd In   |
| 22  | 22     | Left: 3.0 steps inside 30 yd In    |
| 23  | 41     | Left: 3.0 steps inside 30 yd In    |

**FRONT-BACK**

- | Set | Counts | Left-Right                        |
|-----|--------|-----------------------------------|
| 1   | 0      | Left: 3.25 steps inside 25 yd In  |
| 2   | 16     | Left: 2.5 steps inside 30 yd In   |
| 3   | 8      | Left: 2.5 steps inside 30 yd In   |
| 3A  | 24     | Left: 2.5 steps inside 30 yd In   |
| 4   | 24     | Left: On: 40 yd In                |
| 5   | 12     | Left: 3.0 steps inside 35 yd In   |
| 6   | 10     | Left: 3.0 steps inside 35 yd In   |
| 7   | 16     | Left: 1.0 steps inside 25 yd In   |
| 8   | 16     | Left: 3.0 steps outside 30 yd In  |
| 8A  | 32     | Left: 3.0 steps outside 30 yd In  |
| 9   | 16     | Left: 2.75 steps outside 35 yd In |
| 10  | 16     | Left: 2.75 steps outside 45 yd In |
| 10A | 41     | Left: 2.75 steps outside 45 yd In |
| 11  | 14     | Left: 3.25 steps outside 40 yd In |
| 12  | 14     | Left: 0.25 steps inside 30 yd In  |
| 13  | 6      | Left: 0.25 steps inside 30 yd In  |
| 14  | 16     | Left: 0.25 steps inside 30 yd In  |
| 15  | 19     | Left: On: 35 yd In                |
| 16  | 32     | Left: On: 45 yd In                |
| 17  | 2      | Left: 2.0 steps inside 45 yd In   |
| 18  | 2      | Left: 2.0 steps inside 45 yd In   |
| 19  | 20     | Left: 2.0 steps outside 35 yd In  |
| 20  | 16     | Left: 2.0 steps outside 35 yd In  |
| 21  | 14     | Left: 0.5 steps inside 40 yd In   |
| 21A | 4      | Left: 0.5 steps inside 40 yd In   |
| 22  | 22     | Left: 2.0 steps inside 30 yd In   |
| 23  | 41     | Left: 2.0 steps inside 30 yd In   |

**FRONT-BACK**

- | Set | Counts | Left-Right                         |
|-----|--------|------------------------------------|
| 1   | 0      | Left: 2.5 steps inside 30 yd In    |
| 2   | 16     | Left: 2.0 steps outside 35 yd In   |
| 3   | 8      | Left: 2.0 steps outside 35 yd In   |
| 3A  | 24     | Left: 2.0 steps outside 35 yd In   |
| 4   | 24     | Left: On: 40 yd In                 |
| 5   | 12     | Left: 3.0 steps outside 40 yd In   |
| 6   | 10     | Left: 3.0 steps outside 40 yd In   |
| 7   | 16     | Left: 3.25 steps outside 35 yd In  |
| 8   | 16     | Left: 3.25 steps outside 35 yd In  |
| 8A  | 32     | Left: 3.25 steps outside 35 yd In  |
| 9   | 16     | Left: 1.25 steps inside 40 yd In   |
| 10  | 16     | Left: 1.25 steps inside 40 yd In   |
| 10A | 41     | Left: 1.25 steps inside 40 yd In   |
| 11  | 14     | Right: 2.25 steps outside 50 yd In |
| 12  | 14     | Left: 1.0 steps outside 50 yd In   |
| 13  | 8      | Left: 1.0 steps outside 50 yd In   |
| 14  | 16     | Left: 2.5 steps outside 45 yd In   |
| 15  | 19     | Left: On: 40 yd In                 |
| 16  | 32     | On: 50 yd In                       |
| 17  | 2      | Right: 2.0 steps outside 50 yd In  |
| 18  | 2      | Right: 2.0 steps outside 50 yd In  |
| 19  | 20     | Left: 2.0 steps outside 40 yd In   |
| 20  | 16     | Left: 2.0 steps outside 40 yd In   |
| 21  | 14     | Left: 2.0 steps outside 45 yd In   |
| 21A | 4      | Left: 2.0 steps outside 45 yd In   |
| 22  | 22     | Left: 3.0 steps inside 30 yd In    |
| 23  | 41     | Left: 3.0 steps inside 30 yd In    |

**FRONT-BACK**

- | Set | Counts | Left-Right                        |
|-----|--------|-----------------------------------|
| 1   | 0      | Left: 2.25 steps inside 25 yd In  |
| 2   | 16     | Left: 0.25 steps outside 30 yd In |
| 3   | 8      | Left: 0.25 steps outside 30 yd In |
| 3A  | 24     | Left: 0.25 steps outside 30 yd In |
| 4   | 24     | Left: 4.0 steps inside 35 yd In   |
| 5   | 12     | Left: 1.0 steps inside 35 yd In   |
| 6   | 16     | Left: 1.0 steps inside 35 yd In   |
| 7   | 16     | Left: 1.0 steps inside 35 yd In   |
| 8   | 16     | Left: 3.5 steps outside 30 yd In  |
| 8A  | 32     | Left: 3.5 steps outside 30 yd In  |
| 9   | 16     | Left: 1.25 steps inside 45 yd In  |
| 10  | 16     | Left: 1.25 steps inside 45 yd In  |
| 10A | 41     | Left: 1.25 steps inside 40 yd In  |
| 11  | 16     | Left: 1.25 steps inside 40 yd In  |
| 12  | 14     | Left: 3.0 steps inside 30 yd In   |
| 13  | 8      | Left: 3.0 steps inside 30 yd In   |
| 14  | 16     | Left: On: 35 yd In                |
| 15  | 19     | Left: On: 45 yd In                |
| 16  | 32     | Left: On: 45 yd In                |
| 17  | 16     | Left: 2.0 steps inside 45 yd In   |
| 18  | 2      | Left: 2.0 steps inside 45 yd In   |
| 19  | 20     | Left: 2.0 steps outside 35 yd In  |
| 20  | 16     | Left: 2.0 steps outside 35 yd In  |
| 21  | 14     | Left: 0.5 steps outside 40 yd In  |
| 21A | 4      | Left: 0.5 steps outside 40 yd In  |
| 22  | 22     | Left: 1.5 steps inside 35 yd In   |
| 23  | 41     | Left: 1.5 steps inside 35 yd In   |

**FRONT-BACK**

- | Set | Counts | Left-Right                        |
|-----|--------|-----------------------------------|
| 1   | 0      | Left: On: 30 yd In                |
| 2   | 16     | Left: 2.25 steps outside 35 yd In |
| 3   | 8      | Left: 2.25 steps outside 35 yd In |
| 3A  | 24     | Left: 2.25 steps outside 35 yd In |
| 4   | 24     | Left: 4.0 steps inside 40 yd In   |
| 5   | 12     | Left: 1.0 steps inside 40 yd In   |
| 6   | 10     | Left: 1.0 steps inside 40 yd In   |
| 7   | 16     | Left: 1.25 steps inside 35 yd In  |
| 8   | 16     | Left: On: 40 yd In                |
| 8A  | 32     | Left: On: 40 yd In                |
| 9   | 16     | Left: 4.0 steps inside 40 yd In   |
| 10  | 16     | Right: 4.0 steps outside 50 yd In |
| 10A | 41     | Right: 4.0 steps outside 50 yd In |
| 11  | 16     | Right: 1.5 steps outside 50 yd In |
| 12  | 14     | Right: 1.5 steps outside 50 yd In |
| 13  | 8      | Right: 1.5 steps outside 50 yd In |
| 14  | 16     | Left: 0.5 steps inside 45 yd In   |
| 15  | 19     | Left: On: 40 yd In                |
| 16  | 32     | On: 50 yd In                      |
| 17  | 16     | Right: 2.0 steps outside 50 yd In |
| 18  | 2      | Right: 2.0 steps outside 50 yd In |
| 19  | 20     | Left: 2.0 steps outside 40 yd In  |
| 20  | 16     | Left: 2.0 steps outside 40 yd In  |
| 21  | 14     | Left: 2.0 steps outside 45 yd In  |
| 21A | 4      | Left: 2.0 steps outside 45 yd In  |
| 22  | 22     | Left: 3.5 steps outside 35 yd In  |
| 23  | 41     | Left: 3.5 steps outside 35 yd In  |



Table with columns: Set, Counts, Left, Right, and description of steps.

FRONT-BACK

Table with columns: Set, Counts, Left, Right, and description of steps.

Table with columns: Set, Counts, Left, Right, and description of steps.

FRONT-BACK

Table with columns: Set, Counts, Left, Right, and description of steps.

Table with columns: Set, Counts, Left, Right, and description of steps.

FRONT-BACK

Table with columns: Set, Counts, Left, Right, and description of steps.







Set	Counts	Left	Right
1	0	Right: 4.0 steps outside 45 yd in	
2	16	Right: On 40 yd in	
3	8	Right: 4.0 steps in front of FRONT Hash (HS)	
3A	8	Right: On 40 yd in	
4	24	Right: 4.0 steps outside 50 yd in	
5	12	Right: 2.0 steps outside 50 yd in	
6	10	Right: 4.0 steps in front of FRONT Hash (HS)	
7	16	Right: 2.0 steps outside 35 yd in	
8A	32	Right: 2.0 steps in front of FRONT Hash (HS)	
9	16	Right: 3.75 steps outside 35 yd in	
10A	41	Right: On 35 yd in	
11	16	Right: On 35 yd in	
12	14	Right: 1.0 steps inside 40 yd in	
13	6	Right: 1.25 steps outside 40 yd in	
14	16	Right: 3.25 steps outside 50 yd in	
15	8	Right: On 40 yd in	
16	32	Right: On 40 yd in	
17	2	Right: 2.0 steps outside 40 yd in	
18	2	Right: 2.0 steps outside 40 yd in	
19	20	Left: 2.0 steps outside 50 yd in	
20	16	Left: 2.0 steps outside 50 yd in	
21	14	Right: 1.5 steps outside 50 yd in	
21A	4	Right: 1.5 steps outside 50 yd in	
22	22	Left: 1.25 steps inside 45 yd in	
23	41	Left: 1.25 steps inside 45 yd in	

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Set	Counts	Left	Right
1	0	On 50 yd in	
2	16	Right: 4.0 steps outside 50 yd in	
3	8	Right: 4.0 steps outside 50 yd in	
3A	24	Right: 4.0 steps outside 50 yd in	
4	24	Left: On 45 yd in	
5	12	Left: 2.0 steps outside 45 yd in	
6	10	Left: 2.0 steps outside 45 yd in	
7	16	On 50 yd in	
8A	32	Right: 2.0 steps outside 45 yd in	
9	16	Right: 3.75 steps outside 40 yd in	
10	16	Right: 2.75 steps inside 40 yd in	
10A	41	Right: 2.75 steps inside 40 yd in	
11	16	Right: 2.75 steps inside 40 yd in	
12	14	Right: 0.5 steps inside 45 yd in	
13	6	Right: 0.5 steps inside 45 yd in	
14	16	Right: 2.75 steps inside 45 yd in	
15	8	Right: On 40 yd in	
16	32	Right: On 40 yd in	
17	2	Right: 2.0 steps outside 40 yd in	
18	2	Right: 2.0 steps outside 40 yd in	
19	20	Left: 2.0 steps outside 50 yd in	
20	16	Left: 2.0 steps outside 50 yd in	
21	14	Right: 1.5 steps outside 50 yd in	
21A	4	Right: 1.5 steps outside 50 yd in	
22	22	Right: 3.5 steps outside 40 yd in	
23	41	Right: 3.5 steps outside 40 yd in	

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Set	Counts	Left	Right
1	0	Right: On 40 yd in	
2	16	On 50 yd in	
3	8	On 50 yd in	
3A	24	On 50 yd in	
4	24	Left: 4.0 steps inside 35 yd in	
5	12	Left: 4.0 steps inside 30 yd in	
6	10	Left: 4.0 steps inside 35 yd in	
7	16	Left: 4.0 steps inside 35 yd in	
8	16	Left: On 40 yd in	
8A	32	Left: 4.0 steps inside 40 yd in	
9	16	Left: 4.0 steps inside 40 yd in	
10	16	Left: On 45 yd in	
10A	41	Left: On 45 yd in	
11	16	On 50 yd in	
12	14	On 50 yd in	
13	8	On 50 yd in	
14	16	On 50 yd in	
15	19	On 50 yd in	
16	32	On 50 yd in	
17	16	On 50 yd in	
18	2	On 50 yd in	
19	20	Left: 4.0 steps inside 35 yd in	
20	16	Left: 4.0 steps inside 35 yd in	
21	14	Left: 2.0 steps outside 40 yd in	
21A	4	Left: 2.0 steps outside 40 yd in	
22	22	On 50 yd in	
23	41	On 50 yd in	

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Set	Counts	Left	Right
1	0	Right: 4.0 steps outside 50 yd in	
2	16	Right: On 45 yd in	
3	8	Right: On 45 yd in	
3A	24	Right: On 45 yd in	
4	24	Left: 4.0 steps inside 45 yd in	
5	12	Left: 2.0 steps inside 45 yd in	
6	10	Left: 2.0 steps inside 45 yd in	
7	16	Right: 4.0 steps in front of FRONT Hash (HS)	
8	16	Right: 2.0 steps inside 45 yd in	
8A	32	Right: 2.0 steps inside 40 yd in	
9	16	Right: 2.25 steps inside 35 yd in	
10	16	Right: On 40 yd in	
10A	41	Right: On 40 yd in	
11	16	Right: On 40 yd in	
12	14	Right: 1.25 steps outside 45 yd in	
13	8	Right: 1.25 steps outside 45 yd in	
14	16	Right: 1.25 steps outside 45 yd in	
15	19	On 50 yd in	
16	32	Right: On 40 yd in	
17	16	Right: 2.0 steps inside 40 yd in	
18	2	Right: 2.0 steps inside 40 yd in	
19	20	Left: 2.0 steps inside 45 yd in	
20	16	Left: 2.0 steps inside 45 yd in	
21	14	Left: 1.5 steps outside 50 yd in	
21A	4	Left: 1.5 steps outside 50 yd in	
22	22	Right: 1.25 steps outside 40 yd in	
23	41	Right: 1.25 steps outside 40 yd in	

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Set	Counts	Left	Right
1	0	Right: 2.75 steps outside 40 yd in	
2	16	Right: 2.75 steps outside 50 yd in	
3	8	Right: 2.75 steps outside 50 yd in	
3A	24	Right: 2.75 steps outside 50 yd in	
4	24	Left: 1.25 steps outside 40 yd in	
5	12	Left: 1.25 steps outside 35 yd in	
6	10	Left: 1.25 steps outside 40 yd in	
7	16	Left: 1.25 steps outside 40 yd in	
8A	32	Left: 2.75 steps outside 40 yd in	
9	16	Left: 2.75 steps outside 45 yd in	
10	16	Left: 2.75 steps outside 45 yd in	
10A	41	Left: 2.75 steps outside 45 yd in	
11	16	Right: 3.75 steps outside 50 yd in	
12	14	Right: 3.75 steps outside 50 yd in	
13	8	Right: 3.75 steps outside 50 yd in	
14	16	Right: 3.75 steps outside 50 yd in	
15	19	Right: 2.75 steps outside 50 yd in	
16	32	Right: 2.75 steps outside 50 yd in	
17	16	Right: 2.75 steps outside 50 yd in	
18	2	Right: 2.75 steps outside 40 yd in	
19	20	Left: 1.25 steps outside 40 yd in	
20	16	Left: 1.25 steps outside 40 yd in	
21	14	Left: 0.75 steps inside 40 yd in	
21A	4	Left: 0.75 steps inside 40 yd in	
22	22	Right: 2.75 steps outside 50 yd in	
23	41	Right: 2.75 steps outside 50 yd in	

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Set	Counts	Left	Right
1	0	Right: On 45 yd in	
2	16	Right: 4.0 steps outside 45 yd in	
3	8	Right: 4.0 steps outside 45 yd in	
3A	24	Right: 4.0 steps outside 45 yd in	
4	24	On 50 yd in	
5	12	Left: 2.0 steps outside 50 yd in	
6	10	Left: 2.0 steps outside 50 yd in	
7	16	Right: 2.0 steps outside 40 yd in	
8	16	Right: 2.0 steps outside 40 yd in	
8A	32	Right: 2.0 steps outside 40 yd in	
9	16	Right: 0.25 steps inside 35 yd in	
10	16	Right: 2.75 steps outside 40 yd in	
10A	41	Right: 2.75 steps outside 40 yd in	
11	16	Right: 3.0 steps outside 45 yd in	
12	14	Right: 3.0 steps outside 45 yd in	
13	8	Right: 3.0 steps outside 45 yd in	
14	16	Right: 3.5 steps outside 50 yd in	
15	19	On 50 yd in	
16	32	Right: On 40 yd in	
17	16	Right: 2.0 steps outside 40 yd in	
18	2	Right: 2.0 steps outside 40 yd in	
19	20	Left: 2.0 steps outside 50 yd in	
20	16	Left: 2.0 steps outside 50 yd in	
21	14	Right: 1.5 steps outside 50 yd in	
21A	4	Right: 1.5 steps outside 50 yd in	
22	22	Right: 0.75 steps outside 50 yd in	
23	41	Right: 0.75 steps outside 50 yd in	

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Set	Counts	Left-Right
1	0	Right: 4.0 steps outside 50 yd in
2	16	Left: 4.0 steps inside 40 yd in
3	8	Left: 4.0 steps inside 40 yd in
3A	24	Left: 4.0 steps inside 40 yd in
4	24	Left: 4.0 steps inside 40 yd in
5	12	Left: 1.0 steps outside 45 yd in
6	10	Left: 0.25 steps outside 45 yd in
7	16	Left: 0.25 steps inside 40 yd in
8A	32	Left: On 45 yd in
9	16	Left: 4.0 steps inside 45 yd in
10	16	Right: 4.0 steps outside 45 yd in
10A	41	Right: 3.75 steps outside 40 yd in
11	14	Right: 3.75 steps outside 40 yd in
12	14	Right: 0.25 steps outside 45 yd in
13	6	Right: 0.25 steps outside 50 yd in
14	16	Left: On 40 yd in
15	32	Left: 2.0 steps outside 50 yd in
16	32	Left: 2.0 steps outside 50 yd in
17	2	Right: 2.0 steps outside 50 yd in
18	2	Right: 2.0 steps outside 40 yd in
19	20	Left: 2.0 steps outside 40 yd in
20	16	Left: 2.0 steps outside 45 yd in
21	14	Left: 2.0 steps outside 45 yd in
22	22	Right: 2.75 steps outside 50 yd in
23	41	Right: 2.75 steps outside 50 yd in

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Set	Counts	Left-Right
1	0	Right: 2.75 steps inside 35 yd in
2	16	Right: 2.75 steps inside 45 yd in
3	8	Right: 2.75 steps inside 45 yd in
3A	24	Right: 2.75 steps inside 45 yd in
4	24	Left: 1.25 steps inside 40 yd in
5	12	Left: 1.25 steps inside 35 yd in
6	10	Left: 1.25 steps inside 35 yd in
7	16	Left: 1.25 steps inside 40 yd in
8A	32	Left: 2.75 steps outside 45 yd in
9	16	Left: 2.75 steps outside 45 yd in
10	16	Left: 2.75 steps outside 50 yd in
10A	41	Left: 2.75 steps outside 50 yd in
11	14	Right: 0.5 steps inside 45 yd in
12	14	Right: 0.5 steps inside 45 yd in
13	6	Right: 0.5 steps inside 45 yd in
14	16	Right: 2.75 steps inside 45 yd in
15	32	Right: 2.75 steps inside 45 yd in
16	32	Right: 2.75 steps inside 45 yd in
17	2	Right: 2.75 steps inside 45 yd in
18	2	Right: 2.75 steps inside 45 yd in
19	20	Left: 1.25 steps inside 40 yd in
20	16	Left: 1.25 steps inside 40 yd in
21	14	Left: 3.25 steps inside 40 yd in
22	22	Right: 2.75 steps inside 45 yd in
23	41	Right: 2.75 steps inside 45 yd in

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Set	Counts	Left-Right
1	0	Right: On 45 yd in
2	16	Left: On 45 yd in
3	8	Left: On 45 yd in
3A	24	Left: On 45 yd in
4	24	On 50 yd in
5	12	Left: 3.0 steps inside 45 yd in
6	10	Left: 3.0 steps inside 45 yd in
7	16	Left: 3.25 steps outside 45 yd in
8	16	Left: 4.0 steps inside 45 yd in
8A	32	Left: 4.0 steps inside 45 yd in
9	16	On 50 yd in
10	16	Right: On 40 yd in
10A	41	Right: On 40 yd in
11	14	Right: 0.25 steps outside 40 yd in
12	14	Right: 0.25 steps outside 40 yd in
13	8	Right: 0.25 steps outside 40 yd in
14	16	Right: 0.25 steps outside 40 yd in
15	19	Right: On 45 yd in
16	32	Right: On 45 yd in
17	2	Right: 2.0 steps inside 45 yd in
18	2	Right: 2.0 steps inside 45 yd in
19	20	Left: 2.0 steps inside 40 yd in
20	16	Left: 2.0 steps inside 40 yd in
21	14	Left: 1.0 steps inside 45 yd in
22	22	Left: 1.0 steps inside 45 yd in
23	41	Left: 3.25 steps inside 40 yd in

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Set	Counts	Left-Right
1	0	Right: On 35 yd in
2	16	Right: On 45 yd in
3	8	Right: On 45 yd in
3A	24	Right: On 45 yd in
4	24	Left: 4.0 steps inside 40 yd in
5	12	Left: 4.0 steps inside 35 yd in
6	10	Left: 4.0 steps inside 35 yd in
7	16	Left: 4.0 steps inside 40 yd in
8A	32	Left: On 45 yd in
9	16	Left: 4.0 steps inside 45 yd in
10	16	On 50 yd in
10A	41	On 50 yd in
11	14	Right: 3.25 steps outside 45 yd in
12	14	Right: 3.25 steps outside 45 yd in
13	8	Right: 3.25 steps outside 45 yd in
14	16	Right: 3.25 steps outside 45 yd in
15	19	Right: On 45 yd in
16	32	Right: On 45 yd in
17	2	Right: On 45 yd in
18	2	Right: On 45 yd in
19	20	Left: 4.0 steps inside 40 yd in
20	16	Left: 4.0 steps inside 40 yd in
21	14	Left: 2.0 steps outside 45 yd in
22	22	Right: On 45 yd in
23	41	Right: On 45 yd in

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Set	Counts	Left-Right
1	0	Right: 4.0 steps outside 45 yd in
2	16	Left: 4.0 steps inside 45 yd in
3	8	Left: 4.0 steps inside 45 yd in
3A	24	Left: 4.0 steps inside 45 yd in
4	24	Right: 4.0 steps outside 50 yd in
5	12	Left: 1.0 steps outside 50 yd in
6	10	Left: 1.25 steps inside 45 yd in
7	16	Left: 1.25 steps inside 45 yd in
8A	32	On 50 yd in
9	16	Right: 4.0 steps outside 50 yd in
10	16	Right: 4.0 steps outside 40 yd in
10A	41	Right: 4.0 steps outside 40 yd in
11	16	Right: 3.5 steps inside 35 yd in
12	14	Right: 0.5 steps outside 35 yd in
13	8	Right: 0.5 steps outside 35 yd in
14	16	Right: 0.75 steps outside 45 yd in
15	19	Left: On 45 yd in
16	32	Right: On 45 yd in
17	16	Right: 2.0 steps inside 45 yd in
18	2	Right: 2.0 steps inside 45 yd in
19	20	Left: 2.0 steps inside 40 yd in
20	16	Left: 2.0 steps inside 40 yd in
21	14	Left: 1.0 steps inside 45 yd in
21A	4	Left: 1.0 steps inside 45 yd in
22	22	Left: 3.25 steps outside 50 yd in
23	41	Left: 3.25 steps outside 50 yd in

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Set	Counts	Left-Right
1	0	On 50 yd in
2	16	Left: On 40 yd in
3	8	Left: On 40 yd in
3A	24	Left: On 40 yd in
4	24	Left: On 45 yd in
5	12	Left: 3.0 steps inside 40 yd in
6	10	Left: 3.0 steps inside 40 yd in
7	16	Left: 3.75 steps inside 40 yd in
8A	32	Left: 4.0 steps inside 40 yd in
9	16	Left: On 45 yd in
10	16	Right: On 45 yd in
10A	41	Right: On 45 yd in
12	14	Right: 3.5 steps inside 45 yd in
13	8	Right: 3.5 steps inside 45 yd in
14	16	Left: 2.75 steps inside 45 yd in
15	19	On 50 yd in
16	32	On 50 yd in
17	16	Right: 2.0 steps outside 50 yd in
18	2	Right: 2.0 steps outside 50 yd in
19	20	Left: 2.0 steps outside 40 yd in
20	16	Left: 2.0 steps outside 40 yd in
21	14	Left: 2.0 steps outside 45 yd in
21A	4	Left: 2.0 steps outside 45 yd in
22	22	Left: 3.0 steps inside 45 yd in
23	41	Left: 3.0 steps inside 45 yd in

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**Set Counts**  
 1 0 Right: On 40 yd In  
 2 16 Right: 4.0 steps outside 50 yd In  
 3 8 Right: 4.0 steps outside 50 yd In  
 3A 24 Right: 4.0 steps outside 50 yd In  
 4 24 Right: On 45 Yd In  
 5 12 Right: 3.0 steps inside 45 yd In  
 6 10 Right: 3.0 steps inside 45 yd In  
 7 16 Right: 4.0 steps outside 45 yd In  
 8A 32 Right: 4.0 steps outside 45 yd In  
 9 16 Right: On 40 yd In  
 10 16 Right: On 30 yd In  
 10A 41 Right: On 30 yd In  
 11 16 Right: 1.25 steps outside 30 yd In  
 12 14 Right: 1.75 steps outside 30 yd In  
 13 6 Right: 0.75 steps inside 30 yd In  
 14 16 Right: On 30 yd In  
 15 32 Right: On 45 yd In  
 16 2 Right: 2.0 steps inside 30 yd In  
 17 2 Right: 2.0 steps inside 45 yd In  
 18 20 Right: 2.0 steps outside 45 yd In  
 19 16 Right: 2.0 steps outside 45 yd In  
 20 14 Right: 2.0 steps outside 45 yd In  
 21 4 Right: 2.0 steps outside 45 yd In  
 21A 4 Right: 3.25 steps outside 45 yd In  
 22 22 Right: 3.25 steps outside 45 yd In  
 23 41 Right: 3.25 steps outside 45 yd In

**Set Counts**  
 1 0 Right: 4.0 steps outside 50 yd In  
 2 16 Left: On 45 yd In  
 3 8 Left: On 45 yd In  
 3A 24 Left: On 45 yd In  
 4 24 Left: 4.0 steps inside 45 yd In  
 5 12 Left: 1.0 steps inside 45 yd In  
 6 10 Left: 2.5 steps inside 40 yd In  
 7 16 Left: 2.5 steps inside 45 yd In  
 8A 32 Left: 2.0 steps inside 45 yd In  
 9 16 Right: 2.0 steps inside 40 yd In  
 10 16 Right: 2.0 steps inside 40 yd In  
 10A 41 Right: 1.75 steps inside 40 yd In  
 11 16 Right: 1.75 steps inside 40 yd In  
 12 14 Right: 3.75 steps inside 40 yd In  
 13 6 Right: 3.75 steps inside 40 yd In  
 14 16 Left: 0.75 steps outside 50 yd In  
 15 32 Right: On 45 yd In  
 16 2 Right: 2.0 steps inside 45 yd In  
 17 2 Right: 2.0 steps inside 45 yd In  
 18 20 Left: 2.0 steps inside 40 yd In  
 19 16 Left: 2.0 steps inside 40 yd In  
 20 14 Left: 2.0 steps inside 45 yd In  
 21 4 Left: 1.0 steps inside 45 yd In  
 21A 4 Left: 1.0 steps inside 45 yd In  
 22 22 Left: 1.0 steps inside 40 yd In  
 23 41 Left: 1.0 steps inside 40 yd In

**Set Counts**  
 1 0 Right: 4.0 steps outside 40 yd In  
 2 16 Right: On 45 yd In  
 3 8 Right: On 45 yd In  
 3A 24 Right: On 45 Yd In  
 4 24 Right: 1.0 steps outside 45 yd In  
 5 12 Right: 1.0 steps outside 45 yd In  
 6 10 Right: 2.0 steps outside 45 yd In  
 7 16 Right: On 40 yd In  
 8 16 Right: 4.0 steps outside 40 yd In  
 8A 32 Right: 4.0 steps outside 40 yd In  
 9 16 Right: On 40 yd In  
 10 16 Right: On 35 yd In  
 10A 41 Right: On 40 yd In  
 11 16 Right: On 40 yd In  
 12 14 Right: 2.5 steps outside 40 yd In  
 13 8 Right: 2.5 steps outside 40 yd In  
 14 16 Right: 3.5 steps outside 40 yd In  
 15 19 Left: On 45 yd In  
 16 32 Right: On 45 yd In  
 17 16 Right: 2.0 steps outside 45 yd In  
 18 20 Right: 2.0 steps outside 45 yd In  
 19 20 Left: 2.0 steps outside 45 yd In  
 20 16 Left: 2.0 steps outside 45 yd In  
 21 14 Left: 3.75 steps inside 45 yd In  
 21A 4 Left: 3.75 steps inside 45 yd In  
 22 22 Left: 3.5 steps outside 45 yd In  
 23 41 Left: 3.5 steps outside 45 yd In

**Set Counts**  
 1 0 Right: On 45 yd In  
 2 16 Left: 4.0 steps inside 45 yd In  
 3 8 Left: 4.0 steps inside 45 yd In  
 3A 24 Left: 4.0 steps inside 45 yd In  
 4 24 On 50 yd In  
 5 12 Left: 3.0 steps outside 50 yd In  
 6 10 Left: 3.0 steps outside 50 yd In  
 7 16 Left: 1.0 steps outside 45 yd In  
 8 16 Left: 2.0 steps outside 50 yd In  
 8A 32 Left: 2.0 steps outside 50 yd In  
 9 16 Right: 2.0 steps outside 50 yd In  
 10 16 Right: 2.0 steps outside 40 yd In  
 10A 41 Right: 2.5 steps outside 40 yd In  
 11 16 Right: 2.5 steps outside 40 yd In  
 12 14 Right: 3.5 steps inside 35 yd In  
 13 8 Right: 3.5 steps inside 35 yd In  
 14 16 Right: 3.0 steps inside 45 yd In  
 15 19 Left: On 45 yd In  
 16 32 Right: On 45 yd In  
 17 16 Right: 2.0 steps inside 45 yd In  
 18 20 Right: 2.0 steps inside 45 yd In  
 19 20 Left: 2.0 steps inside 40 yd In  
 20 16 Left: 2.0 steps inside 40 yd In  
 21 14 Left: 1.0 steps inside 45 yd In  
 21A 4 Left: 1.0 steps inside 45 yd In  
 22 22 Left: 2.0 steps outside 45 yd In  
 23 41 Left: 2.0 steps outside 45 yd In

**Set Counts**  
 1 0 Right: On 35 yd In  
 2 16 Right: 4.0 steps outside 45 yd In  
 3 8 Right: 4.0 steps outside 45 yd In  
 3A 24 Right: 4.0 steps outside 45 yd In  
 4 24 Right: On 40 yd In  
 5 12 Right: 3.0 steps inside 40 yd In  
 6 10 Right: 3.0 steps inside 35 yd In  
 7 16 Right: On 35 yd In  
 8A 32 Right: On 35 yd In  
 9 16 Right: 4.0 steps inside 35 yd In  
 10 16 Right: 2.75 steps inside 35 yd In  
 10A 41 Right: 2.75 steps inside 35 yd In  
 11 16 Right: 2.75 steps inside 35 yd In  
 12 14 Right: 2.5 steps outside 35 yd In  
 13 8 Right: 2.5 steps outside 35 yd In  
 14 16 Right: 2.75 steps outside 45 yd In  
 15 19 Left: On 45 yd In  
 16 32 Right: On 45 yd In  
 17 16 Right: 2.0 steps outside 45 yd In  
 18 20 Right: 2.0 steps outside 45 yd In  
 19 20 Left: 2.0 steps outside 45 yd In  
 20 16 Left: 2.0 steps outside 45 yd In  
 21 14 Left: 3.75 steps inside 45 yd In  
 21A 4 Left: 3.75 steps inside 45 yd In  
 22 22 Left: 1.25 steps outside 50 yd In  
 23 41 Left: 1.25 steps outside 50 yd In

**Set Counts**  
 1 0 Right: 4.0 steps outside 45 yd In  
 2 16 On 50 yd In  
 3 8 On 50 yd In  
 3A 24 On 50 yd In  
 4 24 Right: 4.0 steps outside 50 yd In  
 5 12 Right: 1.0 steps outside 50 yd In  
 6 10 Right: 2.25 steps outside 50 yd In  
 7 16 Right: 4.0 steps outside 50 yd In  
 8A 32 Right: 4.0 steps outside 50 yd In  
 9 16 Right: On 45 yd In  
 10 16 Right: On 35 yd In  
 10A 41 Right: On 35 yd In  
 11 16 Right: 0.75 steps outside 35 yd In  
 12 14 Right: 2.0 steps inside 30 yd In  
 13 8 Right: 2.0 steps inside 30 yd In  
 14 16 Right: 1.0 steps inside 40 yd In  
 15 19 Left: On 45 yd In  
 16 32 Right: On 45 yd In  
 17 16 Right: 2.0 steps outside 45 yd In  
 18 20 Right: 2.0 steps outside 45 yd In  
 19 20 Left: 2.0 steps outside 45 yd In  
 20 16 Left: 2.0 steps outside 45 yd In  
 21 14 Left: 3.75 steps inside 45 yd In  
 21A 4 Left: 3.75 steps inside 45 yd In  
 22 22 Right: 1.0 steps inside 45 yd In  
 23 41 Right: 1.0 steps inside 45 yd In

FRONT-BACK

Table with 3 columns: Set, Counts, Left-Right. Rows 1-23 detailing steps and directions.

FRONT-BACK

Table with 3 columns: Set, Counts, Left-Right. Rows 1-23 detailing steps and directions.

FRONT-BACK

Table with 3 columns: Set, Counts, Left-Right. Rows 1-23 detailing steps and directions.

FRONT-BACK

Table with 3 columns: Set, Counts, Left-Right. Rows 1-23 detailing steps and directions.

FRONT-BACK

Table with 3 columns: Set, Counts, Left-Right. Rows 1-23 detailing steps and directions.

FRONT-BACK

Table with 3 columns: Set, Counts, Left-Right. Rows 1-23 detailing steps and directions.

Set	Counts	Left-Right
1	0	Right: On 30 yd In
2	16	Right: 4.0 steps outside 30 yd In
3	8	Right: 4.0 steps outside 30 yd In
3A	24	Right: 4.0 steps outside 30 yd In
4	24	Right: On 35 yd In
5	12	Right: 2.0 steps inside 35 yd In
6	10	Right: 2.0 steps inside 35 yd In
7	16	Right: 2.75 steps inside 45 yd In
8A	32	Right: 2.75 steps inside 35 yd In
9	16	Right: 1.25 steps inside 30 yd In
10	16	Right: 1.25 steps inside 30 yd In
10A	41	Right: 0.75 steps inside 30 yd In
11	16	Right: 1.75 steps inside 25 yd In
12	14	Right: 1.25 steps inside 25 yd In
13	6	Right: 1.25 steps inside 25 yd In
14	16	Right: 4.0 steps outside 30 yd In
15	8	Right: 4.0 steps outside 30 yd In
16	32	Right: 4.0 steps outside 30 yd In
17	2	Right: 4.0 steps outside 30 yd In
18	2	Right: 4.0 steps outside 30 yd In
19	20	Right: On 40 yd In
20	16	Right: On 40 yd In
21	14	Right: 2.0 steps outside 40 yd In
21A	4	Right: 2.0 steps outside 40 yd In
22	22	Right: 0.5 steps inside 40 yd In
23	41	Right: 0.5 steps inside 40 yd In

Set	Counts	Left-Right
1	0	Right: 4.0 steps outside 40 yd In
2	16	Right: On 40 yd In
3	8	Right: On 40 yd In
3A	24	Right: On 40 yd In
4	24	Right: 4.0 steps outside 45 yd In
5	12	Right: 1.0 steps outside 45 yd In
6	10	Right: 2.25 steps inside 40 yd In
7	16	Right: 2.25 steps inside 40 yd In
8	16	Right: 2.0 steps outside 40 yd In
8A	32	Right: 2.0 steps outside 40 yd In
9	16	Right: 2.75 steps inside 35 yd In
10	16	Right: 2.75 steps inside 40 yd In
10A	41	Right: 2.75 steps inside 40 yd In
11	16	Right: 2.75 steps inside 40 yd In
12	14	Right: 1.75 steps inside 40 yd In
13	6	Right: 1.75 steps inside 40 yd In
14	16	Right: 2.75 steps inside 50 yd In
15	8	Right: 2.75 steps inside 50 yd In
16	32	Right: On 45 yd In
17	2	Right: 2.0 steps outside 45 yd In
18	2	Right: 2.0 steps outside 45 yd In
19	20	Left: 2.0 steps outside 45 yd In
20	16	Left: 2.0 steps outside 45 yd In
21	14	Left: 3.75 steps inside 45 yd In
21A	4	Left: 3.75 steps inside 45 yd In
22	22	Left: 2.0 steps inside 40 yd In
23	41	Left: 2.0 steps inside 40 yd In

Set	Counts	Left-Right
1	0	Right: On 40 yd In
2	16	Right: On 35 yd In
3	8	Right: On 35 yd In
3A	24	Right: On 35 yd In
4	24	Right: On 40 yd In
5	12	Right: 2.0 steps outside 45 yd In
6	10	Right: 2.0 steps outside 45 yd In
7	16	Right: 3.25 steps outside 50 yd In
8	16	Right: 2.75 steps outside 45 yd In
8A	32	Right: 2.75 steps outside 45 yd In
9	16	Right: 1.25 steps outside 40 yd In
10	16	Right: 1.25 steps outside 40 yd In
10A	41	Right: 0.75 steps outside 40 yd In
11	14	Right: 2.25 steps inside 30 yd In
12	14	Right: 2.25 steps inside 30 yd In
13	8	Right: 2.25 steps inside 30 yd In
14	16	Right: 2.25 steps inside 30 yd In
15	19	Right: On 35 yd In
16	32	Right: On 35 yd In
17	16	Right: On 35 yd In
18	2	Right: On 35 yd In
19	20	Right: 4.0 steps outside 50 yd In
20	16	Right: 4.0 steps outside 50 yd In
21	14	Right: 2.0 steps inside 45 yd In
21A	4	Right: 2.0 steps inside 45 yd In
22	22	Right: 1.75 steps outside 45 yd In
23	41	Right: 1.75 steps outside 45 yd In

Set	Counts	Left-Right
1	0	Right: On 40 yd In
2	16	Right: 4.0 steps outside 40 yd In
3	8	Right: 4.0 steps outside 40 yd In
3A	24	Right: 4.0 steps outside 40 yd In
4	24	Right: On 45 yd In
5	12	Right: 2.0 steps inside 45 yd In
6	10	Right: 2.0 steps inside 45 yd In
7	16	Right: 1.25 steps outside 50 yd In
8	16	On 50 yd In
8A	32	On 50 yd In
9	16	Right: 4.0 steps outside 45 yd In
10	16	Right: 4.0 steps outside 45 yd In
10A	41	Right: 4.0 steps outside 45 yd In
11	14	Right: 2.0 steps outside 35 yd In
12	14	Right: 2.0 steps outside 35 yd In
13	8	Right: 2.0 steps outside 35 yd In
14	16	Right: 2.0 steps outside 35 yd In
15	19	Right: 4.0 steps outside 40 yd In
16	32	Right: 4.0 steps outside 40 yd In
17	16	Right: 4.0 steps outside 40 yd In
18	2	Right: 4.0 steps outside 40 yd In
19	20	On 50 yd In
20	16	On 50 yd In
21	14	Right: 2.0 steps outside 50 yd In
21A	4	Right: 2.0 steps outside 50 yd In
22	22	Right: On 45 yd In
23	41	Right: On 45 yd In

Set	Counts	Left-Right
1	0	Right: On 35 yd In
2	16	Right: On 30 yd In
3	8	Right: On 30 yd In
3A	24	Right: On 30 yd In
4	24	Right: On 30 yd In
5	12	Right: 2.0 steps outside 40 yd In
6	10	Right: 2.0 steps outside 40 yd In
7	16	Right: 2.75 steps inside 45 yd In
8	16	Right: On 40 yd In
8A	32	Right: On 40 yd In
9	16	Right: 4.0 steps outside 35 yd In
10	16	Right: 2.5 steps outside 35 yd In
10A	41	Right: 2.5 steps outside 35 yd In
11	16	Right: 3.75 steps inside 25 yd In
12	14	Right: 3.75 steps inside 25 yd In
13	8	Right: 3.75 steps inside 25 yd In
14	16	Right: 3.75 steps inside 25 yd In
15	19	Right: On 30 yd In
16	32	Right: On 30 yd In
17	2	Right: On 30 yd In
18	2	Right: On 30 yd In
19	20	Right: 4.0 steps outside 45 yd In
20	16	Right: 4.0 steps outside 45 yd In
21	14	Right: 2.0 steps inside 40 yd In
21A	4	Right: 2.0 steps inside 40 yd In
22	22	Right: 2.5 steps inside 40 yd In
23	41	Right: 2.5 steps inside 40 yd In

Set	Counts	Left-Right
1	0	Right: On 35 yd In
2	16	Right: 4.0 steps outside 35 yd In
3	8	Right: 4.0 steps outside 35 yd In
3A	24	Right: 4.0 steps outside 35 yd In
4	24	Right: On 40 yd In
5	12	Right: 2.0 steps inside 40 yd In
6	10	Right: 2.0 steps inside 40 yd In
7	16	Right: 2.75 steps outside 45 yd In
8	16	Right: 2.75 steps outside 45 yd In
8A	32	Right: 2.75 steps outside 45 yd In
9	16	Right: 1.25 steps inside 35 yd In
10	16	Right: 1.25 steps inside 35 yd In
10A	41	Right: 1.0 steps outside 30 yd In
11	16	Right: 1.0 steps outside 30 yd In
12	14	Right: 1.0 steps outside 30 yd In
13	8	Right: 1.0 steps outside 30 yd In
14	16	Right: 1.0 steps outside 30 yd In
15	19	Right: 4.0 steps outside 35 yd In
16	32	Right: 4.0 steps outside 35 yd In
17	16	Right: 4.0 steps outside 35 yd In
18	2	Right: 4.0 steps outside 35 yd In
19	20	Right: On 45 yd In
20	16	Right: On 45 yd In
21	14	Right: 2.0 steps outside 45 yd In
21A	4	Right: 2.0 steps outside 45 yd In
22	22	Right: 3.75 steps outside 45 yd In
23	41	Right: 3.75 steps outside 45 yd In

Set	Counts	Left-Right	FRONT-BACK
1	0	Right; On 30 yd In	On FRONT Hash (HS)
2	16	Right; On 25 yd In	On FRONT Hash (HS)
3	8	Right; On 25 yd In	On FRONT Hash (HS)
3A	24	Right; On 25 yd In	On FRONT Hash (HS)
4	24	Right; On 30 yd In	On FRONT Hash (HS)
5	12	Right; 2.0 steps outside 35 yd In	On FRONT Hash (HS)
6	10	Right; 2.0 steps outside 35 yd In	On FRONT Hash (HS)
7	16	Right; 3.5 steps inside 40 yd In	2.25 steps behind FRONT Hash (HS)
8	16	Right; 2.75 steps outside 35 yd In	4.0 steps behind FRONT Hash (HS)
8A	32	Right; 1.25 steps inside 25 yd In	4.0 steps behind FRONT Hash (HS)
9	16	Right; 1.25 steps inside 25 yd In	8.0 steps behind FRONT Hash (HS)
10	16	Right; 4.0 steps outside 30 yd In	4.0 steps behind FRONT Hash (HS)
10A	41	Right; 4.0 steps outside 30 yd In	4.0 steps in front of FRONT Hash (HS)
11	16	Right; On 25 yd In	4.0 steps in front of FRONT Hash (HS)
12	14	Right; On 25 yd In	4.0 steps in front of FRONT Hash (HS)
13	6	Right; On 25 yd In	4.0 steps in front of FRONT Hash (HS)
14	16	Right; On 25 yd In	4.0 steps behind FRONT Hash (HS)
15	8	Right; On 25 yd In	4.0 steps behind FRONT Hash (HS)
16	32	Right; On 25 yd In	4.0 steps behind FRONT Hash (HS)
17	16	Right; On 25 yd In	4.0 steps behind FRONT Hash (HS)
18	2	Right; On 25 yd In	4.0 steps behind FRONT Hash (HS)
19	20	Right; 4.0 steps outside 40 yd In	4.0 steps behind FRONT Hash (HS)
20	16	Right; 4.0 steps outside 40 yd In	4.0 steps behind FRONT Hash (HS)
21	14	Right; 2.0 steps inside 35 yd In	On FRONT Hash (HS)
21A	4	Right; 2.0 steps inside 35 yd In	On FRONT Hash (HS)
22	22	Right; 1.5 steps outside 40 yd In	6.75 steps behind FRONT Hash (HS)
23	41	Right; 1.5 steps outside 40 yd In	6.75 steps behind FRONT Hash (HS)