

4Beat "Mix-Up!" #1

Week 1

- Basic Footwork x 1
- Basic Rotation (Anticlockwise)
- Basic Rotation (Clockwise)

Week 2

- Under Arm Turn **OR**
 - Rolling Under-Arm Turn
- Basic Link **OR**
 - Sugar Roll

Week 3

- Under Arm Turn
- Return
- Open & Closed American Spins (Optional* Slow Sweep)

Week 4

- The Bob (Fast) **OR**
 - The Bob (Slow)
- Open American Spin

Week 5

- Cuddle & Roll-Out
- Rotating Cuddle **OR**
 - Double Tunnel

Week 6

- Open American Spin
- Gate → Man's Headchopper

4Beat (Mix-Up! #1)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork and Rotation	2 Steps Forward/Back - The Shunt; The Drag	Step Around Rotation; The Whip
Week 2	U/A Turn and Return; Basic Link	Rolling U/A Turn; Rolling Return	Sugar Roll
Week 3	Open and Closed American Spins	Slow Sweep Spins	Swing Around - Basic and Rolling Spin
Week 4	Pass BTB; Belly Rub; Back Rub	The Bob - Fast & Slow	Stop 'n' Go - Basic and "Running" Variants
Week 5	Cuddle & Roll-Out	Rotating Cuddle	Double Tunnel (Dip)
Week 6	Gate; Gate StS	Man's Headchopper	Headchopper