

4Beat "Mix-Up!" #2

Week 1

- Basic Footwork x 1
- Promenade Walk **OR**
 - In-Close

Week 2

- Under Arm Turn
- Return & Throw Away **OR**
 - Rolling Return & Throw Away / Rolling Slide

Week 3

- Return
- Open American Spin
- The Lunge

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! #2)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork and Rotation	Promenade Walk; In-Close	Step Around Rotation; The Whip
Week 2	U/A Turn and Return; Basic Link	Throw Away; Rolling Return	Rolling Slide
Week 3	Open and Closed American Spins	The Lunge	Lunge Walk/Play Variations
Week 4	Pass BTB; Belly Rub; Back Rub	Pull Around; Extended Pull Around	Pull Across
Week 5	Cuddle & Roll-Out	Right to Left Pass BTB; Roll Across	Over-Roll & Exit Variations
Week 6	Gate; Gate StS	Tornado	Gate into Thread the Needle