

## Kick-Step (B) Routine

### Week 1

- Basic (Anticlockwise)
- Basic (Clockwise)
- Throw Away OR
  - Open Kick-Out

### Week 2

- Basic Link OR
  - Turning Link
- Under Arm Turn & Return
- Concertinas (Optional\* Sweeps)

### Week 3

- Return
- Open American Spin
- Neck-Breaker

### Week 4

- Pass Behind the Back
- Back Rubs OR
  - Centre of Attention

### Week 5

- Cuddle & Roll-Out
- Drag Walks

### Week 6

- Gate Side to Side OR
  - Rotating Gate
- Exit of Choice

<b>Kick-Step (B)</b>	<b>Tier 1</b>	<b>Tier 2</b>	<b>Tier 3</b>
<b>Week 1</b>	Basic Footwork	Basic Rotation; Throw Away	Kick Ball Change; Open Kick-Out
<b>Week 2</b>	U/A Turn and Return; Basic Link	Concertinas; Turning Link	Concertina Sweeps
<b>Week 3</b>	Open and Closed American Spins	Neck-Breaker	Double Spins & Spin Theory
<b>Week 4</b>	Pass BTB; Belly Rub; Back Rub	Centre of Attention	Rolling Tunnel (Dip)
<b>Week 5</b>	Cuddle & Roll-Out	Drag Walks	Rotating Cuddle
<b>Week 6</b>	Gate; Gate StS	Rotating Gate	Towel from Gate Position