

## Lead/Follow - Course Outline

<b>Lead/Follow</b>	<b>Lead</b>	<b>Follow</b>
<b>Week 1</b> (Directional Walks)	Transmit	Receive
<b>Week 2</b> (Fwd Return, Concertinas)	Position	Prepare
<b>Week 3</b> (RHS/LHS Pull Through)	Consistent - Directions & Angles	Aware - Directions & Angles
<b>Week 4</b> (Surprise Turn, The Thing)	Points of Control	Pliability
<b>Week 5</b> (Fast Roll Across, 2xSpin)	Consistent - Rhythm & Tempo	Aware - Rhythm & Tempo
<b>Week 6</b> (The Bob, Rotating Gate)	Transparency & Inevitability	Go With It!



Rock 'n' Roll

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