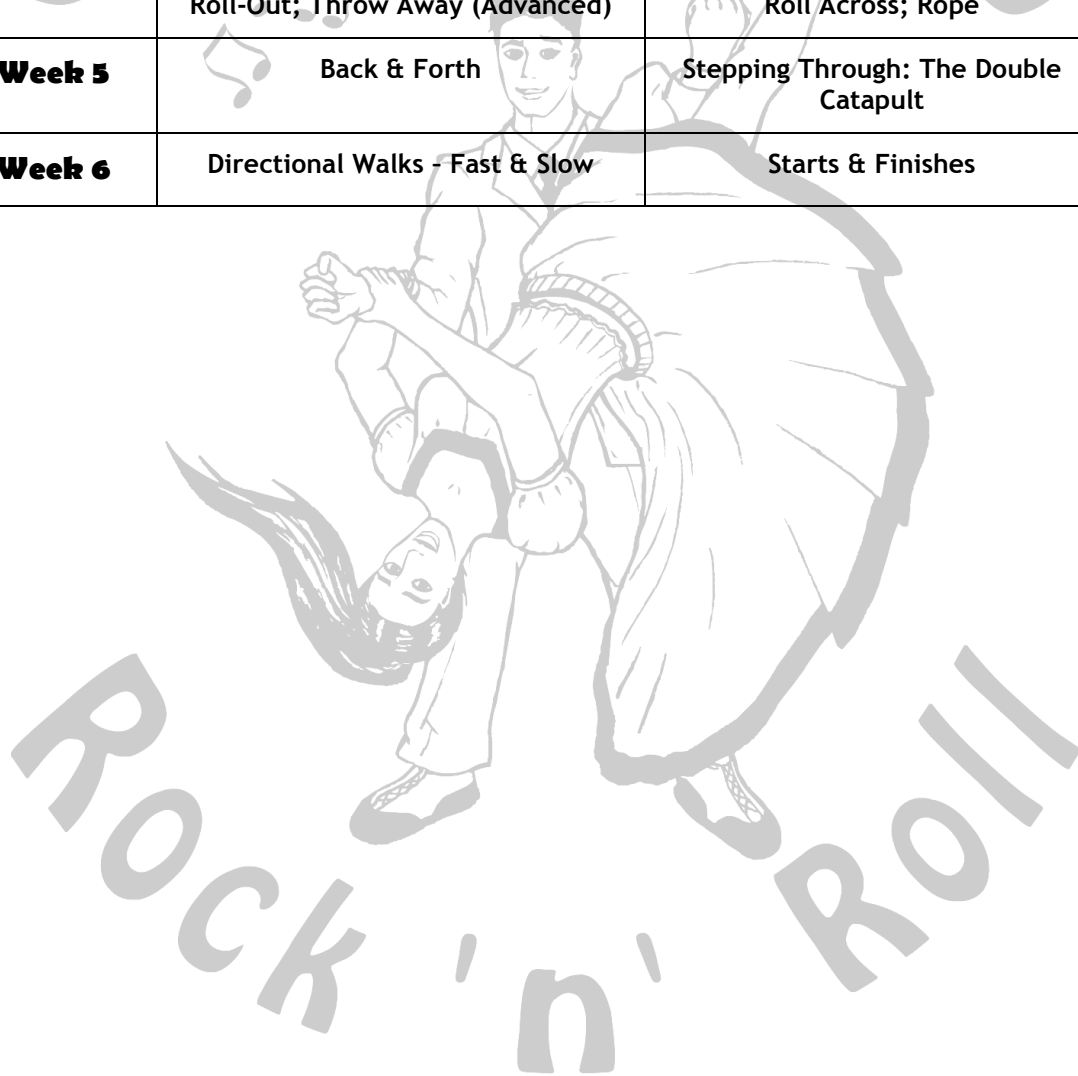


## Basic Triples Rock 'n' Roll - Course Outline

<b>Triples</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Rules of the Road	Rotation & Halts
<b>Week 2</b>	Basic Spins	Splitting the Arms Splitting the Girls
<b>Week 3</b>	All Together Now! - Tandem, Shadow, Mirror & Play	Co-operation & Individuality: Guys vs. Dolls, Teamwork
<b>Week 4</b>	Exercises in Co-ordination: Cuddle & Roll-Out; Throw Away (Advanced)	Split vs. Combined Movement: Roll Across; Rope
<b>Week 5</b>	Back & Forth	Stepping Through: The Double Catapult
<b>Week 6</b>	Directional Walks - Fast & Slow	Starts & Finishes



**Cool Cats Rock 'n' Roll**

MOB: 0415 481 938 or 0411 049 813

WEB: [www.coolcatsrocknroll.com](http://www.coolcatsrocknroll.com)

EMAIL: [coolcats@coolcatsrocknroll.com](mailto:coolcats@coolcatsrocknroll.com)