

CHANGE

Released: May 2023
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 Music: Change Artist: Mavis Staples
 Album: We Get By Track 1
 Available as a single download from Amazon.com or Apple iTunes
 Time/Speed: Time @ RPM: 2:56 @ 45 = 31 MPM [124 BPM] as downloaded - or speed up or slow down to suit
 Footwork: Opposite unless indicated (Woman's footwork in parentheses)
 Rhythm/Phase: Jive Phase 4+2+1 [Whip Turn, Catapult] [Shuffling Door]
 Degree of Difficulty: AVG
 Sequence: INTRO A B C D A B Modified END

MEAS:

INTRODUCTION

1-4 **BFLY WALL LEAD FEET FREE WAIT 2 MEASURES ; ; TRAVELING SAND STEP 2X ; ;**
 ---- ---- 1-2 **BFLY WALL WITH LEAD FEET FREE WAIT 2 MEASURES ; ;**
 - 2 - 4 3 {TRAV SND STP} Swvlg RF on R tch L toe to instep of R w/ toe pointed inward, swvlg LF on R small sd L, swvlg RF on L tch R heel to floor toe pointed outward, swvlg LF on L XRif BFLY WALL (*W Swvlg LF on L tch R toe to instep of L w/ toe pointed inward, swvlg RF on L small sd R, swvlg LF on R tch L heel to floor toe pointed outward, swvlg RF on R XLif BFLY COH*) BFLY WALL ;
 - 2 - 4 4 {TRAV SND STP} Same as Introduction meas 3 ;

PART A

1-4 **CHASSE LEFT & RIGHT TO LOW BFLY; PROGRESSIVE ROCK 4 SCP ; 2 FORWARD TRIPLES ; SWIVEL WALK 4 ;**
 1a2 3a4 1 {CHASSE L & R TO LOW BFLY} Sd L/cl R, sd L, sd R/cl L, sd R bring hnds down to low BFLY WALL (*W Sd R/cl L, sd R, sd L/cl R, sd L bring hnds down to low BFLY COH*) Low BFLY WALL ;
 1 2 3 4 2 {PROG RK 4 SCP} Rk apt L, cross R slightly in front of L, rk apt L, cross R slightly in front of L blend to SCP LOD (*W Rk apt R, cross L slightly in front of R, rk apt R, cross L slightly in front of R blend to SCP LOD*) SCP LOD ;
 1a2 3a4 3 {2 FWD TRPLS} Fwd L/cl R, fwd L, fwd R/cl L, fwd R (*W Fwd R/cl L, fwd R, fwd L/cl R, fwd L*) SCP LOD ;
 1 2 3 4 4 {SWVL WLK 4} Placing each foot directly in front of the other fwd L, thru R, fwd L, thru R (*W Placing each foot directly in front of the other foot swvl wlk fwd R, thru L, fwd R, thru L*) SCP LOD ;
5-8 **THROWAWAY ; CHANGE HANDS BEHIND BACK TO HANDSHAKE ~ MIAMI SPECIAL ; ; ;**
 1a2 3a4 5 {THRwy} Fwd L/cl R, fwd L leading W to trn LF 1/2 to fc M, fwd R/cl L, fwd R end LOP-FCG LOD (*W Fwd R/cl L, fwd R trn LF 1/2 to fc M, bk L/cl R, bk L end LOP-FCG RLOD*) LOP-FCG LOD ;
 1 2 3a4 6 {CHG HNDS BHD BK TO HNDSHK} Rk bk L, rec R, fwd L turning 1/4 LF & placing R hnd over W's R hnd/cl R, fwd L release L hnd & comp 1/4 LF trn to Tandem in front of W (*W Rk bk R, rec L, fwd R/cl L, fwd R trng 1/4 RF/cl L, fwd R to Tandem bhd M*) ;
 5a6 1 2 7 Sd & bk R starting 1/4 LF trn & plcg L hnd bhd M's bk/cl L transferring W's R hnd to M's L hnd bhd his bk, sd & bk R comp 1/4 LF trn to RLOD chg to HNDSHK RLOD (*W sd & bk L start 1/4 RF trn/cl R, sd & bk L trng RF to fc ptr & LOD chg to HNDSHK LOD*), {MIAMI SPECIAL} Rk apt L, rec R (*W Rk apt R, rec L*) ;
 3a4 5a6 8 Fwd L/R, L trng RF 3/4 to lead W to trn LF undr jnd R hnds putting jnd hnds ovr M's head so hnds rest bhd M's neck, sd R/L, R end LOP WALL (*W Fwd R/L, R trn LF 3/4 undr jnd R hnds, sd L/R, L, release handhold & slide R hnd down M's L arm endg M's L & W's R hnds jnd in LOP WALL*) LOP WALL [Both fcg WALL] ;
9-12 **SHUFFLING DOOR ; ; START LINK ROCK TO WALL WITH ; GLIDE TO THE SIDE ;**
 1 2 3a4 9 {SHFFLG DR} XLib, rec R, sd L/cl R, sd L moving bhd W to OP WALL (*W XRib, rec L, sd R/cl L, sd R moving in front of M to OP WALL*) OP WALL ;
 5 6 7a8 10 XRib, rec L, sd R/cl L, sd R moving in front of W to LOP WALL (*W XLib, rec R, sd L/cl R, sd L moving bhd M to end LOP WALL*) LOP WALL [Both fcg WALL] ;
 1 2 3a4 11 {START LINK RK TO WALL W/} Rk bk L, rec R, small trpl fwd L/R, L to LOP-FCG WALL (*W Rk bk R, rec L, small trpl fwd R/L, R to LOP FCG COH*) LOP-FCG WALL ;
 1 2 3a4 12 {GLIDE TO THE SD} Sd R, lowering [on R] XLif of R, sd R/cl L, sd R (*W Sd L, lowering [on L] XRif of L, sd L/cl R, sd L*) LOP FCG WALL ;

PART B1-5 SHOULDR SHOVE ~ LINDY CATCH TO BFLY ~ SPANISH ARMS ; ; ; ;

- 1 2 3a4 1 {SHLDR SHOVE} Rk apt L, rec R trng RF to fc RLOD, sd L/cl R, sd L twd ptr bringing M's L & W's R shoulders together turning LF to fc ptr & WALL (*W Rk apt R, rec L trng LF to fc RLOD, sd R/cl L, sd R twd ptr bringing W's R & M's L shoulders together turning RF to fc ptr & COH*) LOP-FCG WALL ;
 5a6 1 2 2 Bk R/cl L, bk R (*W Bk L/cl R, bk L*) LOP-FCG WALL, {LINDY CATCH TO BFLY} Rk apt L, rec R (*W Rk apt R, rec L LOP-FCG COH*) LOP-FCG WALL ;
 3a4 5 6 3 Fwd L/R, L moving RF arnd W catching her at waist with R hnd releasing L hnd [M in bk of W with R arm arnd her waist], fwd R, L cont arnd W (*W Fwd R/L, R [W in front of M], bk L, bk R still fcg same dir [no trn]*) ;
 7a8 1 2 4 Fwd R/L, R trng to fc WALL in BFLY (*W Bk L/R, L to BFLY COH*) BFLY WALL, {SPAN ARMS} Rk bk L, rec R trng RF (*W Rk bk R, rec L trng 1/4 LF*) ;
 3a4 5a6 5 Sd L/cl R, sd L cont RF trn, sd R/cl L, sd R BFLY COH (*W Sd R/cl L, sd R trng 3/4 RF, sd L/cl R, sd BFLY WALL*) BFLY COH ;

6-8 SPANISH ARMS ~ SOLE TAP TO LOW BFLY ; ; ;

- 1 2 3a4 6 {SPAN ARMS} Rk bk L, rec R trng RF, sd L/cl R, sd L cont RF trn (*W Rk bk R, rec L trng 1/4 LF, sd R/cl L, sd R trng 3/4 RF*) ;
 5a6 1 2 7 Sd R/cl L, sd R BFLY WALL (*W Sd L/cl R, sd L BFLY COH*) BFLY WALL, {SOLE TAP TO LOW BFLY} Lead hnds jnd throughout rk apt L, rec R (*W Lead hnds jnd throughout rk apt R, rec L*) BFLY WALL ;
 3 - 5a6 8 Fwd L twd ptr drop trail hnd trn 1/4 RF to sd by sd, bend R leg to tch M's R shoe sole to W's L shoe sole bhd supporting leg, sd R/cl L, sd R trng 1/4 LF to fc ptr in Low BFLY (*W Fwd R twd ptr drop trail hnd trn 1/4 LF to sd by sd, bend L leg to tch W's L shoe sole to M's R shoe sole bhd supporting leg, sd L/cl R, sd L trng 1/4 RF to fc ptr in Low BFLY*) Low BFLY ;

9-12 SAILOR SHUFFLE TWICE ; BASIC ROCK ~ AMERICAN SPIN TO HANDSHAKE ; ; ;

- 1a2 3a4 9 {SAILOR SHFFL} XLib/sd R, sd L (*W XRib/sd L, sd R*), {SAILOR SHFFL} XRib/sd L, sd R (*W XLib/sd R, sd L LOW BFLY COH*) LOW BFLY WALL ;
 1 2 3a4 10 {BAS RK} Rk apt L, rec R, sd L/cl R, sd L (*W Rk apt R, rec L, sd R/cl L, sd R*) LOP WALL ;
 5a6 1 2 11 Sd R/cl L, sd R (*W Sd L/cl R, sd L*), {AMER SPN TO HNDSHK} Rk bk L, rec R (*W Rk bk R, rec L*) ;
 3a4 5a6 12 Sd L/cl R, sd L, sd R/cl L, sd R to HNDSHK WALL (*W Sd R/cl L, sd R spinning RF one full trn, sd L/cl R, sd L to HNDSHK COH*) HNDSHK WALL ;

PART C1-7 TRIPLE WHEEL 5 TO WALL ~ PRETZEL TURN WITH DOUBLE ROCK TO BFLY ; ; ; ; ;

- 1 2 3a4 1 {TRPL WHL 5} With R hnds joined rk apt L, rec R trng 1/4 RF, begin RF wheel touching W's bk with M's L hnd sd L/cl R, sd L trng away from ptr (*W With R hnds joined rk apt R, rec L trng 1/4 LF, begin RF wheel sd R/cl L, sd R trng twd ptr*) ;
 5a6 7a8 2 Cont RF wheel sd R/cl L, sd R trng twd ptr, cont RF wheel touching W's bk with M's L hnd sd L/cl R, sd L trng away from ptr (*W Cont RF wheel touching M's bk with W's L hnd sd L/cl R, sd L trng away from ptr, cont RF wheel sd R/cl L, sd R trng twd ptr*) ;
 9a10 11a12 3 Cont RF wheel sd R/cl L, sd R trng twd ptr, cont RF wheel touching W's bk with M's L hnd sd L/cl R, sd L leading W to spn RF (*W Cont RF wheel touching M's bk with W's L hnd sd L/cl R, sd L trng away from ptr, cont RF wheel sd R/cl L, sd R spinning RF on R foot to fc ptr LOP-FCG COH*) LOP-FCG WALL ;
 13a14 1 2 4 Sd R/cl L, sd R (*W Sd L/cl R, sd L LOP-FCG COH*) LOP-FCG WALL, {PRTZL TRN W/ DBL RK BFLY} Rk bk L, rec R (*W Rk bk R, rec L*) ;
 3a4 5a6 5 Sd L/cl R, sd L trng 1/2 RF keeping M's L & W's R hnds jnd, sd R/cl L, sd R trng up to 1/4 RF [ptrs are in a bk to bk "V" pos w/ M's L & W's R hnds jnd bhd bks] (*W Sd R/cl L, sd R trng 1/2 LF keeping M's L & W's R hnds jnd, sd L/cl R, sd L trng up to 1/4 LF*) Back to Back "V" pos both looking twd LOD ;
 7 8 9 10 6 Rk fwd L Xif twd LOD with R hnd extended fwd, rec R, rk fwd L Xif twd LOD with R hnd extended fwd, rec R trng 1/4 LF to COH (*W Rk fwd R Xif twd LOD with L hnd extended fwd under M's hnd, rec L, rk fwd R Xif twd LOD with L hnd extended fwd undr M's hnd, rec L trng 1/4 RF to WALL*) Back to Back pos ;
 11a12 13a14 7 Sd L/cl R, sd L trng 1/2 LF to fc ptr still retaining M's L & W's R hnds, sd R/cl L, sd R to BFLY WALL (*W Sd R/cl L, sd R trng 1/2 RF to fc ptr retaining M's L & W's R hnds, sd L/cl R, sd L to BFLY COH*) BFLY WALL ;
8-12 WINDMILL TWICE ; ; ; LINK TO ; WHIP TURN TO WALL ;
 1 2 3a4 8 {WINDMILL} Rk bk L, rec R start turning 1/4 LF, fwd L/cl R, fwd L completing 1/4 LF trn (*W Rk bk R, rec L start turning 1/4 LF, fwd R/cl L, fwd R completing 1/4 LF trn*) ;

- 5a6 1 2 9 Sd R start turning 1/4 LF/cl L, sd R completing 1/4 LF trn to BFLY COH (*W Sd L start turning 1/4 LF/cl R, sd L completing 1/4 LF trn to BFLY WALL*) BFLY COH, {WINDMILL} Rk bk L, rec R start turning 1/4 LF (*W Rk bk R, rec L start turning 1/4 LF*) ;
- 3a4 5a6 10 Fwd L/cl R, fwd L completing 1/4 LF trn, sd R start turning 1/4 LF/cl L, sd R completing 1/4 LF trn to BFLY WALL (*W Fwd R/cl L, fwd R completing 1/4 LF trn, sd L start turning 1/4 LF/cl R, sd L completing 1/4 LF trn to BFLY COH*) BFLY WALL ;
- 1 2 3a4 11 {LINK TO } Rk bk L, rec R, small trpl fwd L/R, L turning to CP RLOD (*W Rk bk R, rec L, small trpl fwd R/L, R turning to CP LOD*) CP RLOD ;
- 1 2 3a4 12 {WHP TRN TO WALL} XRib toe turned out commence trng RF, sd L cont trng RF, chasse sd R/cl L, sd R complete RF trn to CP WALL (*W Fwd L twd M's R sd begin trng RF, fwd R between M's feet continue RF trn, chasse sd L/cl R, sd L complete RF trn to CP COH*) CP WALL;

PART D**1-4****FALLAWAY ROCK ~ ROCK RECOVER ; ; POINT SIDE ~ CHANGE RIGHT TO LEFT TO HANDSHAKE ; ;**

- 1 2 3a4 1 {FALWY RK} Rk bk L to SCP, rec R to fc, sd L/cl R, sd L (*W Rk bk R to SCP, rec L to fc, sd R/cl L, sd R*) ;
- 5a6 1 2 2 Sd R/cl L, sd R CP WALL (*W Sd L/cl R, sd L CP COH*), {RK REC} Rk bk L, rec R (*W Rk bk R, rec L*) CP WALL ;
- 1 - 1 2 3 {PT SD} Pt sd L, - (*W Pt sd R, -*), {CHG R TO L HNDSHK} Rk bk L to SCP, rec R (*Rk bk R to SCP, rec L*) ;
- 3a4 5a6 4 Sd L/cl R, sd L start 1/4 LF trn, sd & fwd R/cl L, sd R to HNDSHK LOD (*W Sd R/cl L, fwd R start 3/4 RF trn under jnd lead hnds, sd & slightly bk L/cl R, sd & bk L to HNDSHK RLOD*) HNDSHK LOD ;

5-7 CHANGE LEFT TO RIGHT TO TANDEM LOD ~ CATAPULT TO HANDSHAKE ; ; ;

- 1 2 3a4 5 {CHG L TO R TO TANDEM LOD} Rk bk L, rec R, small sd & fwd in place chasse L/cl R, sd L leading W undr jnd R hnds (*W Rk bk R, rec L, fwd trpl R/cl L, fwd R trng 1/2 LF undr jnd R hnds*) ;
- 5a6 1 2 6 Sd chasse R/cl L, sd R joining L hnds to TANDEM LOD (*W Sd chasse L/cl R, sd L joining L hnds to TANDEM LOD Lady behind M with all hnds joined*) TANDEM LOD [Lady behind M], {CATAPULT TO HNDSHK} Fwd L, rec R slightly rightward (*W Rk bk R, rec L*) TANDEM LOD ;
- 3a4 5a6 7 Release R hnds chasse In plc L/R, L leading W with L hnds fwd & past M's L sd then release L hnds [to start Lady's RF trn with spin], in plc R/L, R to HNDSHK LOD (*W Release R hnds trpl fwd [passing M's L sd] R/L, R turning RF 1/2 to fc M continuing to spin 1 complete revolution [on R foot] to fc ptr; in plc L/R, L to HNDSHK RLOD*) HNDSHK LOD ; NOTE: Option Lady may choose [on beat 4 of 3a4] to only trn & fc M [eliminating 1 complete revolution spin] & trpl in place

8-11**TRIPLE WHEEL 3 TO COH ~ CHANGE HANDS BEHIND BACK TO BFLY ; ; ;**

- 1 2 3a4 8 {TRPL WHL 3 TO COH} With R hnds joined rk apt L, rec R trng 1/4 RF, begin RF wheel touching W's bk with M's L hnd sd L/cl R, sd L trng away from ptr (*W With R hnds joined rk apt R, rec L trng 1/4 LF, begin RF wheel sd R/cl L, sd R trng twd ptr*) ;
- 5a6 7a8 9 Cont RF wheel sd R/cl L, sd R trng twd ptr, cont RF wheel touching W's bk with M's L hnd sd L/cl R, sd L leading W to spn RF (*W Cont RF wheel touching M's bk with W's L hnd sd L/cl R, sd L trng away from ptr, cont RF wheel sd R/cl L, sd R spinning RF on R foot to fc ptr LOP-FCG WALL*) LOP-FCG COH ;
- 9a10 1 2 10 Sd R/cl L, sd R end LOP-FCG COH (*W Sd L/cl R, sd L end LOP-FCG WALL*) LOP-FCG COH, {CHG HNDS BHD BK TO BFLY} Rk bk L, rec R, (*W Rk bk R, rec L LOP-FCG WALL*) LOP-FCG COH ;
- 3a4 5a6 11 Fwd L start 1/4 LF turn & placing R hand over W's R hand/cl R, fwd L releasing L hand & complete 1/4 LF turn to TANDEM RLOD in front of W, sd & bk R start 1/4 LF turn & placing L hand bhd M's bk/cl L transferring W's R hand to M's L hand bhd his bk, sd & bk R complete 1/4 LF turn & joining trail hands to BFLY WALL (*W Fwd R start 1/4 RF turn/cl L, fwd R complete 1/4 RF turn to TANDEM RLOD bhd M, sd & bk L start 1/4 RF turn/cl R, sd & bk L complete 1/4 RF turn & joining L hands to BFLY COH*) BFLY WALL ;

12-14**WINDMILL TWICE ; ; ;**

- 1 2 3a4 12 {WINDMILL} Rk bk L, rec R start turning 1/4 LF, fwd L/cl R, fwd L completing 1/4 LF trn (*W Rk bk R, rec L start turning 1/4 LF, fwd R/cl L, fwd R completing 1/4 LF trn*) ;
- 5a6 1 2 13 Sd R start turning 1/4 LF/cl L, sd R completing 1/4 LF trn to BFLY COH (*W Sd L start turning 1/4 LF/cl R, sd L completing 1/4 LF trn to BFLY WALL*) BFLY COH, {WINDMILL} Rk bk L, rec R start turning 1/4 LF (*W Rk bk R, rec L start turning 1/4 LF*) ;
- 3a4 5a6 14 Fwd L/cl R, fwd L completing 1/4 LF trn, sd R start turning 1/4 LF/cl L, sd R completing 1/4 LF trn to BFLY WALL (*W Fwd R/cl L, fwd R completing 1/4 LF trn, sd L start turning 1/4 LF/cl R, sd L completing 1/4 LF trn to BFLY COH*) BFLY WALL ;

15-18		LINK TO WHIP TURN TO WALL BFLY ; ; TRAVELING SAND STEP TWICE ; ;
1 2 3a4	15	{LINK TO } Rk bk L, rec R, small trpl fwd L/R, L to CP RLOD (<i>W Rk bk R, rec L, small trpl fwd R/L, R to CP LOD</i>) CP RLOD ;
1 2 3a4	16	{WHP TRN TO WALL BFLY} XRib toe turned out commence trng RF, sd L cont trng RF, chasse sd R/cl L, sd R complete RF trn blending to BFLY WALL (<i>W Fwd L twd M's R sd begin trng RF, fwd R between M's feet continue RF trn, chasse sd L/cl R, sd L complete RF trn blending to BFLY COH</i>) BFLY WALL ;
- 2 - 4	17	{TRAV SND STP} Same as Introduction meas 3 ;
- 2 - 4	18	{TRAV SND STP} Same as Introduction meas 3 ;

REPEAT PART A

1-4		CHASSE LEFT & RIGHT TO LOW BFLY; PROGRESSIVE ROCK 4 SCP ; 2 FORWARD TRIPLES ; SWIVEL WALK 4 ;
1-4		Same as Part A meas 1-4 ; ; ; ;
5-8		THROWAWAY ; CHANGE HANDS BEHIND BACK TO HANDSHAKE ~ MIAMI SPECIAL ; ; ;
5-8		Same as Part A meas 5-8 ; ; ; ;
9-12		SHUFFLING DOOR ; ; START LINK ROCK TO WALL WITH ; GLIDE TO THE SIDE ;
9-12		Same as Part A meas 9-12 ; ; ; ;

PART B MODIFIED

1-5		SHOULDR SHOVE ~ LINDY CATCH TO BFLY ~ SPANISH ARMS ; ; ; ;
1-4		Same as Part B meas 1-5 ; ; ; ;
6-8		SPANISH ARMS ~ SOLE TAP TO LOW BFLY ; ; ;
6-8		Same as Part B meas 6-8 ; ; ;
9-12		SAILOR SHUFFLE TWICE ; ; LINK ROCK TO CP WALL ~ CHANGE RIGHT TO LEFT ; ; ;
1a2 1a2	9	{SAILOR SHFFL} XLib/sd R, sd L (<i>W XLib/sd L, sd R</i>), {SAILOR SHFFL} XRib/sd L, sd R LOW BFLY WALL (<i>W XLib/sd R, sd L LOW BFLY COH</i>) LOW BFLY WALL ;
1 2 3a4	10	{LINK RK TO CP WALL} Rk apt L, rec R, small trpl fwd L/cl R, fwd L to CP WALL (<i>W Rk apt R, rec L, small trpl fwd R/cl L, fwd R to CP COH</i>) CP WALL;
5a6 1 2	11	Sd R/cl L, sd R (<i>W Sd L/cl R, sd L</i>), {CHG R TO L} Rk bk L to SCP, rec R (<i>W Rk bk R to SCP, rec L</i>) ;
3a4 5a6	12	Sd L/cl R, sd L trng 1/4 LF, sd & fwd R/cl L, sd R to LOP-FCG LOD (<i>W Sd R/cl L, fwd R commence 3/4 RF trn undr jnd lead hnds, sd & slightly bk L/cl R, sd & bk L to LOP-FCG RLOD</i>) LOP-FCG LOD ;

END

1-4		START CHANGE LEFT TO RIGHT TO ; ; CONTINUOUS CHASSE ARM OUT ; ; SLOW ARM SWEEP DOWN IN; UP AROUND ;
1 2 3a4	1	{START CHG L TO R TO} Rk bk L, rec R, sd L/cl R, sd L trng 1/4 RF to LOP-FCG WALL (<i>W Rk bk R, rec L, fwd R/cl L, fwd R trng up to 3/4 LF undr jnd lead hnds to LOP-FCG COH</i>) LOP-FCG WALL ;
1a2a3a4	2	{CONT CHASSE ARM OUT} Trail arm extended straight out toward RLOD sd R/cl L, sd R/cl L, sd R/cl L, sd R (<i>W Trail arm extended straight out toward RLOD sd L/cl R, sd L/cl R, sd L/cl R, sd L LOP-FCG COH</i>) LOP-FCG WALL ;
----	3	{SLO ARM SWEEP DOWN IN} Throughout whole meas slowly sweep trail arm CW down, - , sweep trail arm CW inward toward body, - (<i>W Slowly sweep trail arm CCW down, - , sweep trail arm CCW inward toward body, - </i>) ;
----	4	{UP AROUND} Slowly sweep trail arm CW up middle of body turning palm out at top, - , sweep trail arm CW around, - (<i>W Slowly sweep trail arm CCW up middle of body turning palm out at top, - , sweep trail arm CCW around, - </i>) ;
5-6		OUT & HOLD ; ;
----	5	{ OUT HOLD} Slowly sweep trail arm CW out toward RLOD to about shoulder level turning palm out toward COH, - , hold, - (<i>W Slowly sweep trail arm CCW out toward RLOD to about shoulder level turning palm out toward WALL, - , hold, - </i>) ;
----	6	{HOLD} Hold, - , - , - (<i>W Hold, - , - , - </i>) ;