

## 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

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