

2012: **DROPPed FT Som & ADDED patterns: up & down, across & back, circle & reverse**

PO=Peel Off, R=Right, L=Left, F=Front, cts=counts, UW=underwater, w/=with, // =parallel, /=or

HYBRID = 1 Breast, 1 Side, 1 Back: hand UP & arm straight, 1 Front: hand UP & arm straight

FAST = 1 count each stroke

SLOW = 2 counts each stroke

Right arm **SWISH** very **SLOW** depending on location (**180° or whatever° needed**)

6 parts [words repeated in order: 1,1,2,2,3,3]; therefore, 6 "laps" (classes) / 3 sets in patterns...

PATTERNS with 3 SETS

1 & 2: to DEEP; SLOW; **return** – may MIRROR these 2 sets – face IN on sidestrokes & SMILE

3 & 4: CROSS-THOUGH (R end person from each line is OUTSIDE); SLOW; **return**

5 & 6: CIRCLE L hip IN; SLOW; **reverse** R Hip IN

All gentle ~ lullaby

0:11 **INTRO** – 2 // LINES in pool –

1/2 R arm swish (cross body), 1/2 L arm swish (cross body)

0:22 **To DEEP**: 4 FAST HYBRIDS,

1/2 R arm swish SLOW 8 cts (0:06)

0:22 **RETURN to SHALLOW**: 2 SLOW HYBRIDS,

1/4 or 3/4 R arm swish SLOW 8 cts **till facing across pool (0:06)**

HIGHWAY line 1/4; HEIAU line 3/4

0:20 **CROSS-THROUGH**: 4 FAST HYBRIDS,

1/2 R arm swish SLOW 8 cts (0:06)

0:21 **RETURN**: 2 SLOW HYBRIDS,

1/4 R arm swish SLOW 8 cts (0:06) **till in place for L Hip IN CIRCLE**

0:22 **CIRCLE (L Hip IN)**: 4 FAST HYBRIDS (facing IN on side, so **SMILE**), ‘

1/2 R arm swish SLOW 8 cts (0:06)

0:24 **REVERSE (L Hip OUT)**: 2 SLOW HYBRIDS,

1/2 R arm swish SLOWS 8 cts, (0:06) feet up → → **WHEEL**

0:29 **ENDING**

WHEEL

STAR

PO PIVOTS: #1 1st close LEFT leg pushing into layout turn 360° to Right,

#1 triggers #2, etc...

When last swimmer is pau pivoting

STAND UP – R hand in front, as usual turn R arm 360°; **WAVE** in reverse

Page 2 – skills & stunts

HYBRID = 1 Breast, 1 Side, 1 Back: hand UP & arm straight, 1 Front: hand UP & arm straight

FAST = 1 count each stroke

SLOW = 2 counts each stroke

WHEEL = feet pointing in to center

STAR = OPEN feet, point toes

PO pivots: close LEFT leg pushing into layout turn 360° to Right

When last swimmer pau pivot

STAND UP – R hand in front, as usual turn 360°, WAVE in reverse

MIRROR HYBRID: opposite arms, turn IN,

plan so face partner for side strokes & SMILE

swish IN

12/25 Replaced ENDING due to HOT PINK HEAD LEI

ALL OPEN arms in LEI, touching fingertips

last “e-e-e” – gentle good F Pike Somersault (changed April 2017)

OPEN arms to T (straight out from shoulders) on surface in **LEI**

one at a time TRIGGERS next, gently (speed depends on how many...) time nice for 9

#1. R arm gentle swish turn 360° to L (cross body) & TRIGGERS #2

#2. R arm gentle swish turn 360° to L (cross body) & TRIGGERS #3

#3. R arm gentle swish turn 360° to L (cross body) & TRIGGERS #4

#4. R arm gentle swish turn 360° to L (cross body) & TRIGGERS #5

#5. R arm gentle swish turn 360° to L (cross body) & TRIGGERS #6

#6. R arm gentle swish turn 360° to L (cross body) & TRIGGERS #7

#7. R arm gentle swish turn 360° to L (cross body) & TRIGGERS #8

#8. R arm gentle swish turn 360° to L (cross body) & TRIGGERS #9

#9. R arm gentle swish turn 360° to L (cross body) ...

#?. ...

all DROP to bottom as hands end up last to go under

surface R hand in front as usual, swish R arm 360° & then reverse WAVE w/R