

1st minute: SNOWFLAKE/s diagonal (DEEP corner to SHALLOW corner) – all on BACK

About half way do 4 Back strokes → DOLPHIN, continue... 4 B → Dolphin... slow OYSTER in corner

#1 LINE starts in FRONT w/tallest if possible, **#2 LINE** starts in BACK w/shortest if possible

2nd minute: 2 lines START @ SHALLOW EDGE → DEEP

2 tapping sets: R tap tap tap stroke, L tap tap tap stroke; ½ swish, ½ swish & continue
R tap tap tap stroke, L tap tap tap stroke, ½ swish, **1½** & continue

4 splashy strokes

4 splashy strokes → #1 Front LINE (now in DEEP) turns & SWIMS THRU #2 Back LINE

3rd minute

2 tapping sets PASSING THRU: R tap tap tap stroke, L tap tap tap stroke; ½ swish, ½ swish

R tap tap tap stroke, L tap tap tap stroke, ½ swish, [#1 LINE ½ swish & continues]

#2 LINE (now in deep) Full swish TURN & FOLLOWS #1 → to SHALLOW

4 splashy strokes to SHALLOW, - #1 LINE (now in shallow) TURNS → aims to go THRU #2 LINE

4 splashy strokes PASSING THRU -- may need to PUSH IT !!!

LAST L stroke, roll into WHEEL <feet IN>

4 minutes

→ continue getting into WHEEL as ALL do 4 Ballet Legs

3 ½ BL ALL turning 180° → head IN

last one falls into **1st RIGHT MARLIN**

2nd RIGHT MARLIN → head OUT

4 Back Strokes OUT (WATCH your hand)

2 R MARLINS → head IN

4 Back Strokes IN (WATCH your hand)

3 BL ALL turning 180° → feet IN

KICKING (no turn, use ALL music); then **DROP LEGS → R hip IN**

CIRCLE - swim CLOCKWISE

2 tapping sets; ½ swish, ½ swish & reverse

REVERSE CIRCLE - swim COUNTER CLOCKWISE

4 splashy strokes, TURN & reverse

REVERSE CIRCLE - swim CLOCKWISE again

4 splashy strokes, TURN → WHEEL <feet IN>

WHEEL

1 of 3 M sets R MARLIN, little kick; R MARLIN, little kick → head IN

DOLPHIN EIGHT (8 counts each half) → end up back with head IN

2 of 3 M sets R MARLIN, med kick; R MARLIN, med kick → head OUT

DOLPHIN → plain full dolphin back to head OUT

FOUNTAIN KICKING (no turning)

3 of 3 M sets BIG SPASHY R MARLIN, big kick, BIG SPASHY R MARLIN, big kick → feet OUT

½ TUB TURN kicking → feet IN

FOUNTAIN KICKING (small, medium, big) keeping feet IN

2 strong SLOW MBL (March Ballet Leg: R,L)

4 fast R BL

BIG FOUNTAIN KICKING (count 5 like Bali Ha'i)

→ SPLIT OYSTER (strong open-close oyster, NOT fast kind)

REGULAR ENDING: R hand IN center, swish turn 360° (R arm on water), reverse & wave (same R hand)