

R=Right, L=Left, F=Front, Tk=Tuck, cts=counts, UW=underwater, w/=with, // =parallel, /=or

HYBRID = 1 Breast, 1 Side (Right Side mostly unless MIRRORing), 1 Back, 1 Front

**FAST** = 1 count each stroke; **SLOW** = 2 counts each stroke

**MIRROR hybrid:** opposite arms, plan so SMILE & face partner for side strokes, swish IN

~~FT = Front Tuck Somersault~~, Right arm **SWISH (180° or whatever° needed, or 360° PLUS...)**

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

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

## PATTERNS

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

2. CROSS-THOUGH (R end person from each line is OUTSIDE); return

3. CIRCLE (CLOCKWISE) R hip IN; reverse

**INTRO** – 2 // LINES in pool – R arm swish (cross body), L arm swish (cross body)

**1. To DEEP:** 4 FAST HYBRIDS, R arm swish

**RETURN to SHALLOW:** 2 SLOW HYBRIDS, R arm swish **till facing across pool**

**2. CROSS-THROUGH:** 4 FAST HYBRIDS, R arm swish

**RETURN:** 2 SLOW HYBRIDS, R arm swish **ready for counter-clockwise CIRCLE (L Hip IN)**

**3. CIRCLE (c-clockwise to L):** 4 FAST HYBRIDS (facing IN on side), R arm swish

**REVERSE (clockwise to R):** 2 SLOW HYBRIDS, R arm swish **till facing IN**

## ENDING

**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 OPEN arms in LEI**

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