

# JUST A FOOL

**Choreographer:** Konrad & Miriam Maerzke  
 Schuetzenhausstrasse 15, 69151 Neckargemuend – Germany  
phone: + 49 – 6223 – 95 40 199 | e-mail: konrad.maerzke@gmx.de

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**Record:** Just A Fool, Christina Aguilera & Blake Shelton, album: “Lotus (Deluxe Version)”, track 13, 04:14  
 1] cut 0,000–4,930 sec 2] increase speed by 1 % or adjust for comfort

**Rhythm:** Hesitation Canter Waltz      **Phase:** V      **Difficulty:** easy      **Speed:** +1 % or to comfort  
**Footwork:** Opposite (Lady’s measures are printed separately throughout)      **Timing:** 1, -, -, 4, -, 6; = “std” reflects actual wgt chg

**Sequence:** INTRO – A – B – A(9-16) – B\* – C – B(5-12) – B(5-12) – ENDING

**Note 1:** This is the clinic dance that prepares dancers for the ‘Phase V - difficulty: average’ dance “I’ll Make Love To You”, which contains all four Phase V figures of this dance plus four more.

**Note 2:** Part B repeats quite often. This is ideal for practicing the figures within it. If you like to up the ante you can make the following changes: Use Part B# and with it replace meas 13-16 of Part B/B\*. You can find B# after the Ending.

## INTRODUCTION

**1-2**      **Wait 2;;**

<u>Gentleman’s/Leader’s steps</u>		<u>Lady’s/Follower’s steps</u>
1-2	----	wait 2
wait 2 meas* in SCAR pos M fcg DLW w/ ld ft free;;		

## PART A

**1-16**      **Cross Hover 3 times to SCP;;; Running Open Natural;**  
**Hover Corté; bk & Chasse to CP/DRW; Contra Check; Box Finish to SCAR/DLW;**  
**Cross Hover 3 times to SCP;;; Running Open Natural;**  
**Hover Corté; bk & Chasse to CP/DRW; Contra Check; Box Finish to fc WALL;**

1-3	std	<b>Cross Hover 3 times to SCP</b>
fwd L w/ slight Xing action & comm ¼ LF trn, -, -, sd & slightly fwd R & comp ¼ LF trn, -, diag fwd L to BJO;	bk R w/ slight Xing action & comm ¼ LF trn, -, -, sd & slightly bk L & comp ¼ LF trn, -, diag bk R to SCAR;	
fwd R w/ slight Xing action & comm ¼ RF trn, -, -, sd & slightly fwd L & comp ¼ RF trn, -, diag fwd R to SCAR;	bk L w/ slight Xing action & comm ¼ RF trn, -, -, sd & slightly bk R & comp ¼ RF trn, -, diag bk L to SCAR;	
fwd L w/ slight Xing action, -, -, sd & slightly fwd R, -, diag fwd L to SCP/LOD;	bk R w/ slight Xing action & comm ⅝ LF trn, -, -, sd & slightly bk L & comp ⅝ LF trn, -, diag fwd R to SCP/LOD;	
SCP/LOD		

4	1, -, -, 4, 5, 6;	<b>Running Open Natural</b>
thru R comm to trn RF, -, -, sd & bk L w/ slight L sd stretch [⅜ RF trn between stps 1 & 2], bk R w/ R sd ld prep to ld W outsd ptr [⅜ RF trn between stps 2 & 3], w/ slight R sd stretch bk L in CBMP;	thru L comm upper bdy trn RF staying well into M’s R arm w/ slight R sd stretch, -, -, fwd R, fwd L w/ L sd ld prep to stp outsd ptr, w/ slight L sd stretch fwd R outsd ptr in CBMP;	
BJO/DRW		

5	std	<b>Hover Corté</b>
bk R comm LF trn, -, -, sd & fwd L w/ hovring action cont bdy trn fcg DLW, -, rec R w/ R sd to BJO;	fwd L trning LF, -, -, sd & fwd R w/ hovring action, -, rec L w/ L sd to BJO;	
note: This is a modification to the RAL figure, which is defined as only starting in CP.		
BJO/DLW		

JUST A FOOL

<b>6</b>	1, -, -, 4, 5, 6;	<b>bk &amp; Chasse to CP/DRW</b>
bk L comm ¼ RF trn, -, -, diag sd R blend to CP, cl L, sd R fcg DRW;		fwd R comm ¼ RF trn, -, -, diag sd L blend to CP, cl R, sd L fcg ptr;
CP/DRW		

<b>7</b>	1, -, -, -, -, -;	<b>Contra Check</b>
Comm LF upper bdy trn flexing knees w/ strong R sd ld ck fwd L in CBMP, -, -, -, -;		comm LF upper bdy trn flexing knees w/ strong L sd ld bk R in CBMP looking well to L, -, -, -, -;
Flexing of knees as upper bdy rotates LF w/ M's L & W's R leg preceding the bdy to move into the next stp is very important. Ft will be diagonally aX LOD, legs will be crossed at the thighs. You should feel that the bdy moves up to your ptr as you roll onto the supporting ft.		

<b>8</b>	std	<b>Box Finish to SCAR/DLW</b>
bk R comm LF trn, -, -, sd L, -, cl R to SCAR/DLW;		fwd L comm LF trn, -, -, sd R, -, cl L to SCAR/DLW;
SCAR/DLW		

**9-15** repeat meas 1-7

<b>16</b>	std	<b>Box Finish to fc WALL</b>
bk R comm LF trn, -, -, sd L, -, cl R to CP/WALL;		fwd L comm LF trn, -, -, sd R, -, cl L to CP/WALL;
CP/WALL		

**PART B**

- 1-22** Whisk; Maneuver; Spin Turn; Box Finish to fc DLC;  
 Double Reverse Spin; Viennese Turns;; Hover Telemark;  
 Quick Open Reverse; bk & Chasse to SCP/LOD; thru & Canter Vine 3; Pickup to fc DLC;  
 Double Reverse Spin; Viennese Turns;; Hover Telemark;  
 Quick Open Reverse; bk & Chasse to SCP/LOD; thru & Canter Vine 7;;  
 Thru Chasse to SCP; Pickup to SCAR/DLW;

<b>1</b>	std	<b>Whisk</b>
fwd L, -, -, fwd & sd R, -, XLibR tight SCP;		bk R, -, -, bk & sd L, -, XRibL to tight SCP;
SCP/LOD		

<b>2</b>	std	<b>Maneuver</b>
thru R comm RF upper bdy trn, -, -, cont RF trn to fc ptr sd L, -, cl R;		thru L comm RF upper bdy trn, -, -, cont RF trn to fc ptr sd R, -, cl L;
CP/RLOD		

<b>3</b>	std	<b>Spin Turn</b>
comm RF upper bdy trn bk L toe pivoting ½ RF to fc Line of Progression, -, -, fwd R between W's ft heel to toe cont RF trn keeping L leg extended bk & sd, -, comp trn sd & bk L;		Comm RF upper bdy trn fwd R between M's ft heel to toe pivoting ½ RF, -, -, bk L toe cont trn brush R to L, -, comp trn sd & fwd R;
Trn any amount that is to your liking. We suggest 5/8 to end fc DLW. Beware of the Box Finish to fc DLC that follows.		
suggested: CP/DLW		

<b>4</b>	std	<b>Box Finish to fc DLC</b>
bk R comm LF trn, -, -, sd L, -, cl R to CP/DLC;		fwd L comm LF trn, -, -, sd R, -, cl L to CP/DLC;
CP/DLC		

JUST A FOOL

<b>5</b>	M: 1, -, -, 4, -, -; W: 1, -, -, 4, 5, 6;	<b>Double Reverse Spin</b>
fwd L comm LF trn, -, -, sd R [ $\frac{3}{8}$ LF trn between stps 1 & 2] spin $\frac{1}{2}$ LF between stps 2 & 3 on ball of R bring L ft undr bdy beside R no wgt flexed knees, -, -;		bk R comm to trn LF, -, -, L ft cl to R heel trn trng $\frac{1}{2}$ LF between stps 1 & 2, sd & slightly bk R cont LF trn, XLifR;
CP/LOD		
<b>6-7</b>	std	<b>Viennese Turns</b>
fwd L comm LF trn, -, -, sd R cont LF trn, -, XLifR; bk R cont LF trn, -, -, sd L cont LF trn, -, cl R;		bk R comm LF trn, -, -, sd L cont LF trn, -, cl R to L; fwd L cont LF trn, -, -, sd R cont LF trn, -, XLifR;
CP/LOD		
<b>8</b>	std	<b>Hover Telemark</b>
fwd L, -, -, diag sd & fwd R rising slightly [hovering] w/ bdy trng $\frac{1}{8}$ RF, -, fwd L small stp on toes to SCP/DLC;		bk R, -, -, diag sd & bk L w/ hovering action & bdy trng $\frac{1}{8}$ RF [W may brush w/ R ft], -, fwd R small stp on toes to SCP/DLC;
SCP/DLC		
<b>9</b>	1, -, -, 4, 5, 6;	<b>Quick Open Reverse</b>
thru R in CBMP, -, -, fwd L comm to trn LF, sd & bk R [ $\frac{3}{8}$ LF trn between stps 2 & 3], w/ R sd stretch bk L in BJO;		thru L in CBMP, -, -, bk R comm to trn LF, sd & fwd L [ $\frac{3}{8}$ LF trn between stps 2 & 3], w/ L sd stretch fwd R in BJO;
BJO/ROD		
<b>10</b>	1, -, -, 4, 5, 6;	<b>bk &amp; Chasse to SCP/LOD</b>
bk R comm LF trn, -, -, trng LF sd L, cl R, sd & fwd L trng & blending to SCP/LOD;		fwd L, -, -, trng LF sd L, cl R, fwd & sd L trng & blending to SCP/LOD;
Think of an Outside Change to SCP action, but w/ Chasse footwork.		
SCP/LOD		
<b>11</b>	1, -, 3, 4, -, 6;	<b>thru &amp; Canter Vine 3</b>
thru R, -, sd L, XRibL, -, sd L;		thru L, -, sd R, XLibR, -, sd R;
SCP/LOD		
<b>12</b>	std	<b>Pickup to fc DLC</b>
thru R, -, -, fwd & sd L w/ LF upper bdy trn leading W to CP/DLC, -, cl R;		thru L comm LF trn, -, -, fwd & sd R in front of M trng LF to CP, -, cl L;
CP/DLC		
<b>13-18</b>		<b>repeat meas 5-10</b>
<b>19-20</b>	1, -, 3, 4, -, 6;	<b>thru &amp; Canter Vine 7</b>
thru R, -, sd L, XRibL, -, sd L; XRifL, -, sd L, XRibL, -, sd L;		thru L, -, sd R, XLibR, -, sd R; XLifR, -, sd R, XLibR, -, sd R;
SCP/LOD		
<b>21</b>	1, -, -, 4, 5, 6;	<b>thru Chasse to SCP</b>
thru R comm trn to fc, -, -, sd L, cl R, sd L to SCP;		thru L comm trn to fc, -, -, sd R, cl L, sd R to SCP;
SCP/LOD		
<b>22</b>	std	<b>Pickup to SCAR/DLW</b>
thru R, -, -, sm fwd & sd L w/ LF upper bdy trn leading W to SCAR/DLW, -, cl R;		thru L comm LF trn, -, -, fwd & sd R in front of M trng LF to SCAR/DLW, -, cl L;
SCAR/DLW		

**PART B\***

- 1-20** Whisk; Maneuver; Spin Turn; Box Finish to fc DLC;  
 Double Reverse Spin; Viennese Turns;; Hover Telemark;  
 Quick Open Reverse; bk & Chasse to SCP/LOD; thru & Canter Vine 3; Pickup to fc DLC;  
 Double Reverse Spin; Viennese Turns;; Hover Telemark;  
 Quick Open Reverse; bk & Chasse to SCP/LOD; thru & Canter Vine 3; Pickup to fc DLC;

1-18		repeat meas 1-18 of Part B
19		repeat 11 of Part B CP/WALL
20		repeat 12 of Part B CP/DLC

**PART C**

- 1-16** Diamond Turn;; ;  
 Quick Diamond Four; bk, bk, lk, bk; Impetus to SCP; thru, Chasse to SCP;  
 Weave to SCP;; In and Out Runs;;  
 Thru Twinkle twice;; thru & Canter Vine 3; Pickup to fc DLC;

1-4	std	<b>Diamond Turn</b>
fwd L comm LF trn on the diag, -, -, trn LF sd R, -, bk L w/ the ptr outsd the M in BJO; staying in BJO & trng LF bk R, -, -, sd L, -, fwd R outsd ptr in BJO; fwd L comm LF trn on the diag, -, -, trn LF sd R, -, bk L w/ the W outsd the M in BJO; bk R cont LF trn, -, -, sd L, -, fwd R;		bk R comm LF trn on the diag, -, -, trn LF sd L, -, fwd R outsd ptr; fwd L trng LF, -, -, sd R, -, bk L; bk R trng LF, -, -, sd L, -, fwd R outsd ptr; fwd L comm LF trn, -, -, trn LF sd R, -, bk L;
BJO/DLC		

5	1, -, -, 4, 5, 6;	<b>Quick Diamond Four</b>
fwd L on the diag comm LF trn, -, -, cont LF trn sd R, -, bk L, bk R to BJO/DRC;		bk R on the diag comm LF trn, -, -, cont LF trn sd L, -, fwd R, fwd L;
BJO/DRC		

6	1, -, -, 4, 5, 6;	<b>bk, bk, lk, bk</b>
bk L, -, -, bk R, -, lk LifR, bk R;		fwd R, -, -, fwd L, -, lk RibL, fwd L;
BJO/DRC		

7	std	<b>Impetus to SCP</b>
comm RF upper bdy trn bk L, -, -, cl R [heel trn] cont RF trn, -, comp trn fwd L in tight SCP/LOD;		comm RF upper bdy trn fwd R outsd M's ft heel to toe pivoting 1/2 RF, -, -, sd & fwd L cont RF trn around M brush R to L, -, comp trn fwd R;
SCP/DLC		

8		repeat meas 21 of Part B
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9-10	std	<b>Weave to SCP</b>
fwd R DLC, -, -, fwd L comm LF trn, -, cont trn sd & slightly bk R to fc DRC; bk L LOD leading W to stp outsd to CBMP, -, -, bk R cont LF trn, -, sd & fwd L SCP/DLW;		fwd L DLC comm LF trn, -, -, cont trn sd & slightly bk R to fc Diag Reverse LOD & Wall, -, cont trn sd & fwd L LOD; fwd R LOD outsd the ptr to CBMP, -, -, fwd L LOD cont trn, -, sd & fwd R;
SCP/DLW		

JUST A FOOL

<b>11-12</b>	std	<b>In and Out Runs</b>	
thru R starting RF trn, -, -, sd & bk DLW on L to CP, -, bk R w/ R sd leading to BJO; bk L trng RF, -, -, sd & fwd R between W's ft cont RF trn, -, fwd L to SCP;		thru L, -, -, fwd R between M's ft, -, fwd L outsd ptr w/ L sd leading to BJO; fwd R starting RF trn, -, -, fwd & sd L cont trn, -, fwd R to SCP;	
SCP/LOD			

<b>13-14</b>	std	<b>Thru Twinkle twice</b>	
thru R comm trn to fc ptr, -, -, sd L completing trn to LOP-fcg V Pos, -, cl R;		thru L comm trn to fc ptr, -, -, sd R completing trn to LOP-fcg V Pos, -, cl L;	
thru L comm trn to fc ptr, -, -, sd R completing trn to OP-fcg V Pos, -, cl L;		thru R comm trn to fc ptr, -, -, sd L completing trn to OP-fcg V Pos, -, cl R;	
momentary OP-fcg V Pos/LOD			

<b>15</b>		<b>repeat meas 11 of Part B taking CP</b>	
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<b>16</b>		<b>repeat meas 12 Part B</b>	
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**ENDING**

**1-11** Quick Diamond Four; bk, bk, lk, bk; Impetus to SCP; thru, Chasse to SCP; Weave to SCP;; thru & Canter Vine 7;; thru, fc, cl; Canter Riff Turn; Lunge Side;

<b>1-6</b>		<b>repeat meas 5-10 Part C</b>	
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<b>7-8</b>		<b>repeat meas 19-20 Part B</b>	
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<b>9</b>	std	<b>thru, fc, cl</b>	
thru R, -, -, fwd & sd L to fc ptr, -, cl R;		thru L, -, -, fwd & sd R to fc ptr, -, cl L;	
CP/WALL			

<b>10</b>	1, -, 3, 4, -, 6;	<b>Canter Riff Turn</b>	
sd L, -, cl R, sd L, -, cl R;		sd & fwd R, spin right face comp 1 full trn undr jnd ld hnds, cl L, sd & fwd R, spin right face comp 1 full trn undr jnd ld hnds, cl L;	
note: Technically this needs to be called "Canter Riff Turn" due to the fact, that 2 steps are taken over 6 beats (see Glossary). The suggested head cues will indicate that this simply be cued as "Riff Turn".			
CP/WALL			

<b>11</b>	std	<b>Lunge Side</b>	
lun L keep trl ft ptd & xtnd arms to the sds w/ slight L sd sway, -, -, -, -;		lun R keep trl ft ptd & xtnd arms to the sds w/ slight R sd sway, -, -, -, -;	

**PART B#**

In order to replace meas 13-16 of Part B/B\*, if you wish to do so.

**1-4** Mini Telespin;; fwd & Right Lunge; Impetus to SCP;

<b>1-2</b>	M: 1, -, -, 4, -, -; 1, -, -, 4, -, -;	W: 1, -, -, 4, 5, 6; 1, -, -, 4, -, -;	<b>Mini Telespin</b>
fwd L comm to trn LF, -, -, sd R trning 3/8 LF between stps 1 & 2, bk & sd L no wgt light pressure insd edge of toe keeping L sd in to W, trn bdy LF no wgt to ld W to CP comm spin LF; fwd L cont spin LF on L drawing R to L undr bdy, -, -, cl R flexing knees, -, hld;		bk R comm to trn LF, -, -, L ft cls to R heel trn trning 1/2 LF between stps 1 & 2, fwd R keeping R sd in to M, fwd L trning LF twd ptr head to the R; fwd R to CP head to the L spinning LF drawing L to R undr bdy, -, -, cl L flexing knees, -, hld;	
CP/DRC			

JUST A FOOL

<b>3</b>	1, -, -, 4, -, -;	<b>fwd &amp; Right Lunge</b>	
fwd L, -, -, flex L knee move sd & slightly fwd onto R keeping L sd in twd ptr & as wgt is taken on R flex R knee & make slight LF bdy trn & look at ptr, -, -;		bk R, -, -, flex R knee move sd & slightly bk on to L keeping R sd in twd ptr & as wgt is taken on L flex L knee & make slight LF bdy trn, -, -;	
CP/DRC			

<b>4</b>	std	<b>Impetus to SCP</b>	
comm RF upper bdy trn bk L, -, -, cl R [heel trn] cont RF trn, -, comp trn fwd L in tight SCP/LOD;		comm RF upper bdy trn fwd R between M's ft heel to toe pivoting 1/2 RF, -, -, sd & fwd L cont RF trn around M brush R to L, -, comp trn fwd R;	
SCP/DLC			

<b>Phase II</b>	<b>4</b>
Back Twinkle	
Back Waltz	
Box Left Turning	
Box Right Turning	
Canter	
Change Sides	
Cross Wrap	
Forward Waltz	
Lace	
Left Face Turning Waltz	
Maneuver	x
Open Box	
Open Reverse Box	
Pickup	x
Progressive Box	
Progressive Twinkle	
Reverse Twirl	
Reverse Twirl Vine	
Right Face Turning Waltz	
Roll	
Solo Left Turning Box	
Solo Waltz Turn	
Spin Maneuver	
Spot Spin	
Sway	
Thru Side Close	
Thru Twinkle	x
Turn Face Close	
Twinkle	
Twirl	
Twirl Vine	
Twisty Balance	
Twisty Vine	
Vine Six	
Vine Three	x
Wheel	

<b>Phase III</b>	<b>8</b>
Back Back/Lock Back	x
Back Hover	
Box Finish	x
Chasse	x
Cross Hover	x
Forward Chasse	
Forward Hover	
Fwd Fwd / Lock Fwd	
Hover	
Hover Fallaway	

Impetus to SCP	x
Interrupted Box	
Pivot to SCP	
Slip Pivot	
Spin Turn	x
Thru Chasse to BJO	
Thru Chasse to SCP	x
Thru Hover	
Turn L & R Chasse	
Whisk	x
Wing	

<b>Phase IV</b>	<b>8</b>
Back Hover Telemark	
Back Passing Change	
Back Whisk	
Chair and Slip	
Change of Direction	
Closed Impetus	
Closed Wing	
Cross Hesitation	
Cross Pivot	
Cross Swivel	
Develope	
Diamond Turn	x
Drag Hesitation	
Heel Pull	
Hesitation Change	
Hover Corte	x
Hover Telemark	x
In and Out Runs	x
Left Whisk	
Natural Hover Fallaway	
Open Finish	
Open In and Out Runs	
Open Natural Turn	
Open Reverse Turn	
Outside Change to BJO Position	
Outside Change to SCP	
Outside Check	
Outside Swivel	
Oversway	
Progressive Wing	
Promenade Sway	
Quick Diamond Four	x
Reverse Fallaway from CP	
Reverse Fallaway from SCP	
Right Lunge	x
Slow Side Lock	

JUST A FOOL

Telemark to BJO	
Telemark to SCP	
Viennese Cross	
Viennese Turns	x
Weave to Banjo Position	
Weave to SCP	x
Whiplash	

<b>Phase V</b>	<b>4/5</b>
Back Turning Whisk	
Contra Check	x
Contra Chk and Slip	
Contra Chk and Switch	
Curved Feather	
Double Reverse Spin	x
Eros Line	
Fwd Tipple Chasse	
Hairpin	
Hinge	
Hover Cross Ending	
Jete Point	
Lilt Pivot	
Mini Telespin	(x)
Natural Hover Cross	
Natural Telemark	
Natural Weave	
Outside Spin	
Qk Lock Slow Lock	
Quick Open Reverse	x
Rev Fallaway and Slip	
Reverse Impetus	
Right Lunge Roll and Slip	
Right Turning Lock	
Ripple Chasse	
Rising Lock	
Royal Spin	
Running Open Nat	x
Swivel Whisk	
Syncopated Whisk	
Tipple Chasse	
Top Spin	
Turning Lock	

<b>Bolero Phase V</b>	<b>1</b>
Riff Turn	x

## SUGGESTED HEADCUES

SEQUENCE: INTRO – A – B – A(9-16) – B\* – C – B(5-12) – B(5-12) – ENDING

### INTRODUCTION

wait 2;; in SCAR pos M fcg DLW w/ ld ft free

### PART A

3 Cross Hovers to SCP;;; Running Open Natural;  
Hover Corté; bk & Chasse to CP/DRW; Contra Check; Box Finish to SCAR/DLW;  
3 Cross Hovers to SCP;;; Running Open Natural;  
Hover Corté; bk & Chasse to CP/DRW; Contra Check; Box Finish to fc WALL;

### PART B

Whisk; Maneuver; Spin Turn; Box Finish to fc DLC;  
Double Reverse Spin; Viennese Turns;; Hover Telemark;  
Quick Open Reverse; bk & Chasse to SCP/LOD; thru & Canter Vine 3; Pickup to fc DLC;  
Double Reverse Spin; Viennese Turns;; Hover Telemark;  
Quick Open Reverse; bk & Chasse to SCP/LOD; thru & Canter Vine 7;;  
Thru Chasse to SCP; Pickup to SCAR/DLW;

### PART B\*

Whisk; Maneuver; Spin Turn; Box Finish to fc DLC;  
Double Reverse Spin; Viennese Turns;; Hover Telemark;  
Quick Open Reverse; bk & Chasse to SCP/LOD; thru & Canter Vine 3; Pickup to fc DLC;  
Double Reverse Spin; Viennese Turns;; Hover Telemark;  
Quick Open Reverse; bk & Chasse to SCP/LOD; thru & Canter Vine 3; Pickup to fc DLC;

### PART C

Diamond Turn;; ;  
Quick Diamond Four; bk, bk, lk, bk; Open Impetus; thru, Chasse to SCP;  
Weave to SCP;; In and Out Runs;;  
Thru Twinkle twice;; thru & Canter Vine 3; Pickup to fc DLC;

### ENDING

Quick Diamond Four; bk, bk, lk, bk; Impetus to SCP; thru, Chasse to SCP;  
Weave to SCP;; thru & Canter Vine 7;;  
thru, fc, cl; Riff Turn; Lunge Side;

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### PART B#

Mini Telespin;; fwd & Right Lunge; Impetus to SCP;

**If you like it,  
tell others.  
If you don't,  
tell me.**