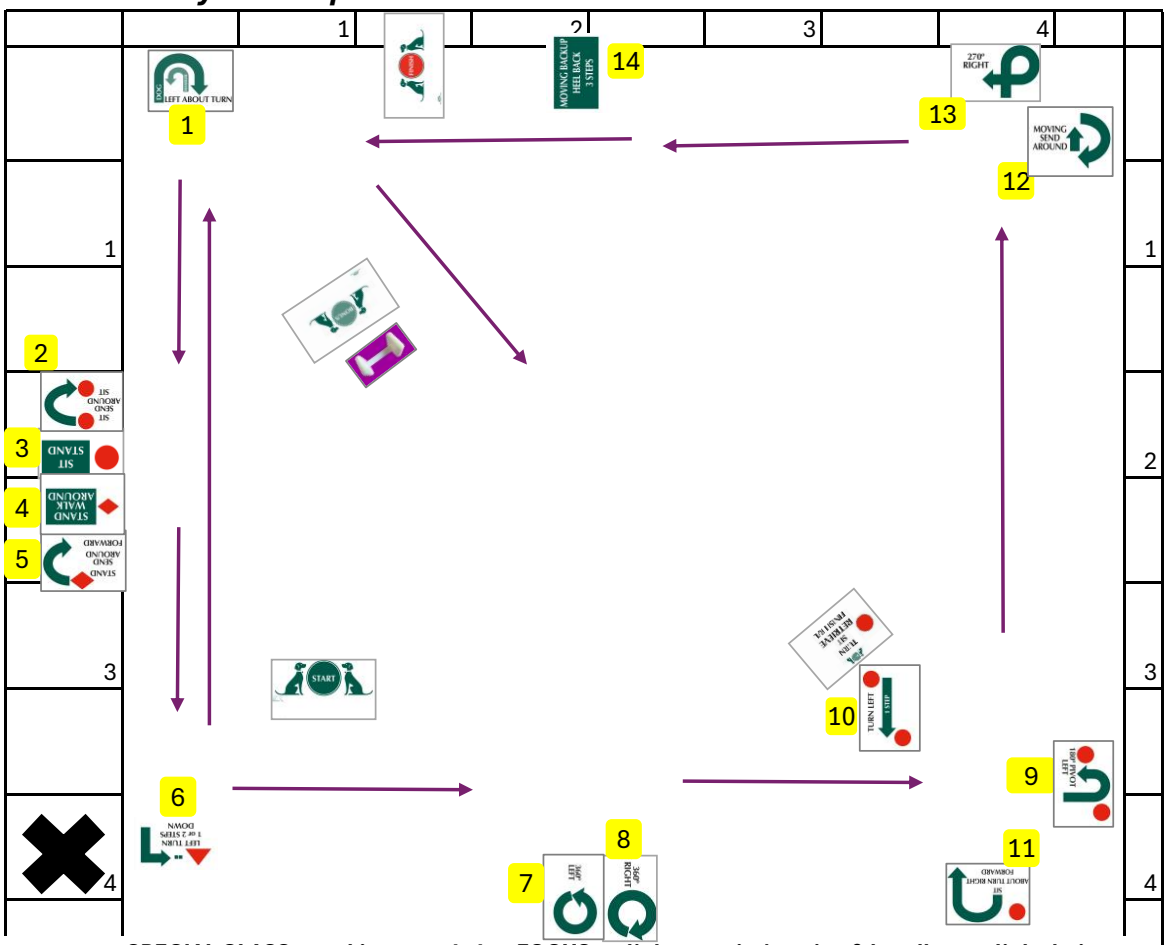
ROL February 2026 Special Lovers Knot Class



SPECIAL CLASS - working area 4x4m. FOCUS on links - static /moving & handlers unlink choice...

Start	Exercise		RKC no
1	Left about turn		40
2	Sit sendaround sit	link to	31
3	Sit stand	link to	2
4	Stand walk around	link to	52
5	Stand sendaround	linked	50
6	Left turn, 1-2 steps down		61
7	360 left	link to	26
8	360 right	linked	10
9	Pivot 180 left	link to	48
10	Sit, left turn one step, sit	link to	30
11	Sit about turn right forwards	linked	38
12	Moving sendaround	linked to	51
13	270 right	linked	9
14	Heelback 3 steps		58
Finish			
Bonus	Retrieve		B10

Tiebreak = B12 - sendback retrieve. ** Bonuses - Pole & retrieve articles to be valentine themed

Notes - There are 4 blocks of linked exercises.... Handlers must choose to unlink one (or more) of the exercises. **UNLINKING IS ALWAYS ONLY** by handlers taking one step forwards
5 extra points available for every correctly unlinked exercise!

ID /equipment not needed... please do show ring number - in video or as video title...

Teams work off lead... must enter /exit ring (video) on lead!