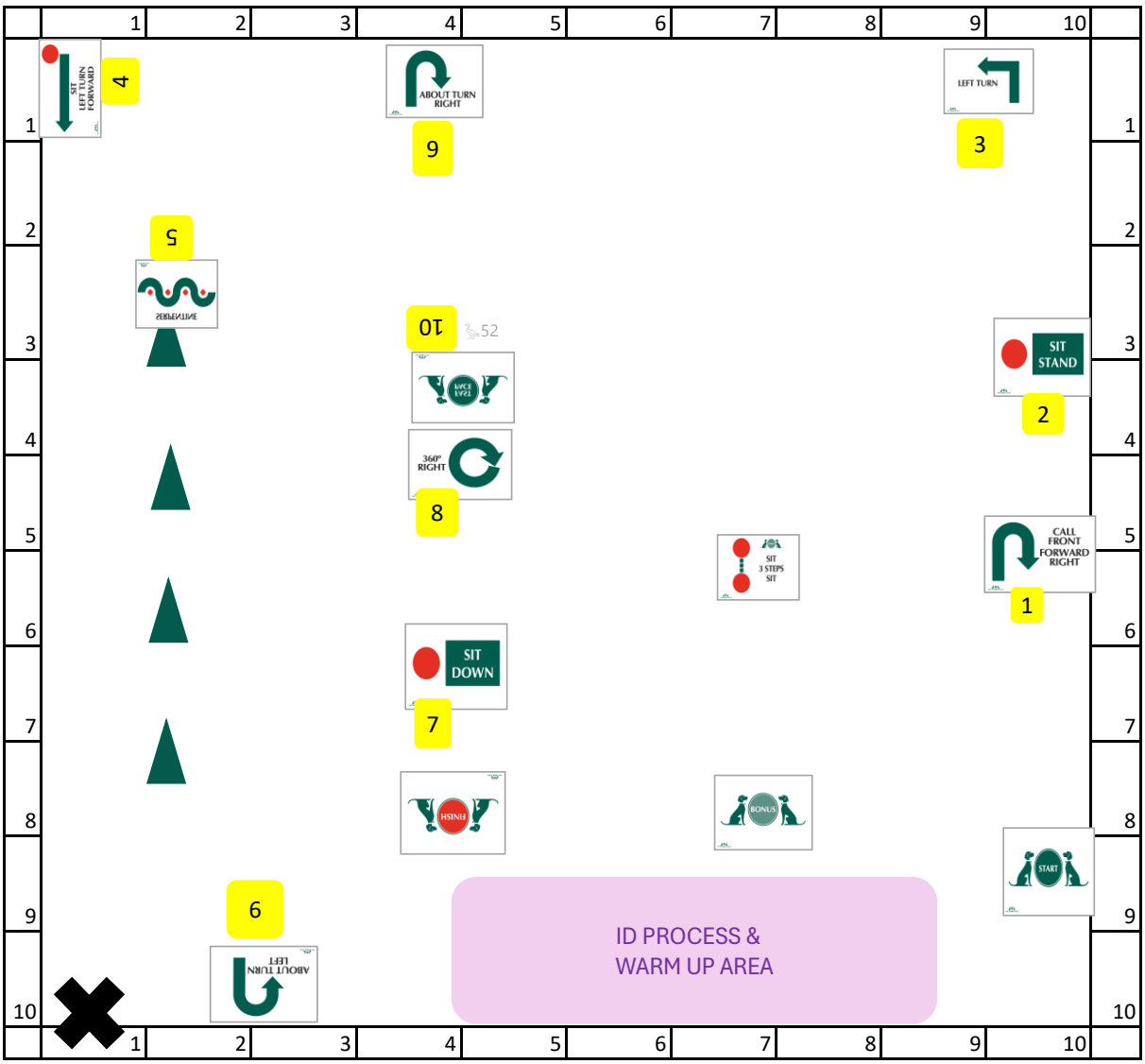
ROL September 2024 Level 1



Start		KC Exercise No
1	Call Front Forward Right	11
2	Sit. Stand	2
3	Left Turn	6
4	Sit Left Turn Forward	20
5	Serpentine	22
6	About Turn Left	8
7	Sit Down	3
8	360° Right	10
9	About Turn Right	7
10	Fast Pace	16
Finish		
Bonus	Sit 3 Steps Sit	B3

Tiebreak Bonus = B1