

ADVANCED SCHEDULE (2016-2017) – Maneuver Descriptions

Eye-Catcher

From upright, pull through a $\frac{3}{4}$ loop, push through another $\frac{3}{4}$ loop, into a horizontal line, exit upright.

Split S

From upright, perform a $\frac{1}{2}$ roll, then immediately pull through a $\frac{1}{2}$ loop, exit upright.

Roll Combination with two $\frac{1}{2}$ rolls

From upright, perform consecutively two $\frac{1}{2}$ rolls, exit upright.

Stall Turn

From upright, pull through a $\frac{1}{4}$ loop into a vertical upline, perform a stall turn into a vertical downline, pull through a $\frac{1}{4}$ loop, exit upright.

Humpty-Bump with $\frac{1}{2}$ Roll up and down

From upright, pull through a $\frac{1}{4}$ loop into a vertical upline, perform a $\frac{1}{2}$ roll, perform a $\frac{1}{2}$ outside loop into a vertical downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{4}$ loop, exit upright.

Half Loop

From upright, pull through a $\frac{1}{2}$ loop, exit inverted

Square Loop

From inverted, pull through a $\frac{1}{4}$ loop into a vertical downline, pull through a $\frac{1}{4}$ loop to level, pull through a $\frac{1}{4}$ loop into a vertical upline, pull through a $\frac{1}{4}$ loop to level, exit inverted.

Half Loop

From inverted, pull through a $\frac{1}{2}$ loop, exit upright.

Figure S

From upright pull through a $\frac{1}{2}$ loop and push through another $\frac{1}{2}$ loop, exit upright.

Spin with $2\frac{1}{2}$ turns,

From upright, perform a spin with $2\frac{1}{2}$ turns, perform a vertical downline, pull through a $\frac{1}{4}$ loop, exit upright.

45° Upline with a full roll

From upright, pull through a $\frac{1}{8}$ loop into a 45° upline, perform full roll, push through a $\frac{1}{8}$ loop, exit upright.

Reverse Humpty-Bump Push-Pull-Push (Option: with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll)

From upright, push through a $\frac{1}{4}$ loop into a vertical downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{2}$ loop into a vertical upline, push through a $\frac{1}{4}$ loop, exit upright.

Option: From upright, push through a $\frac{1}{4}$ loop into a vertical downline, perform a $\frac{1}{4}$ roll, pull through a $\frac{1}{2}$ loop into a vertical upline, perform a $\frac{1}{4}$ roll, push through a $\frac{1}{4}$ loop, exit upright.

Outside Triangle Loop with point at the bottom

From upright, push through a $\frac{3}{8}$ loop into a 45° downline, push through a $\frac{1}{4}$ loop into a 45° upline, push through a $\frac{3}{8}$ loop into a horizontal line, exit upright.

Half Square Loop on Corner with $\frac{1}{2}$ Roll in 1st 45° Leg

From upright, push through a $\frac{1}{8}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{4}$ loop into another 45° downline, pull through a $\frac{1}{8}$ loop, exit upright.

Slow Roll

From upright, perform Slow Roll, exit upright.

Half Cuban 8 with $\frac{1}{2}$ roll

From upright pull through a $\frac{5}{8}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{8}$ loop, exit upright.

Loop with roll on top

From upright, pull through a loop while performing a roll on the top of the loop, exit upright.