





Double Mule Kick

8		S
&	R	
7		S
&		D
6	S	
&	D	
5		ST
&	DR	
4	SL	TIP
&	DR	LIFT
3	SL	TIP
&	DR	LIFT
2	S	
&		R
1	S	
&	D	
	L	R

Drags

8		S
&	R	
7		S(TURN 1/2 RT)
&	R(XIF)	
6		S
&		D
5	S	
&	D	
4		S
&	DR	
3	S	
&		DR
2		S
&		D
1	S	
&	D	
	L	R

Simone Stomps

8	LIFT	SL
&	DR	DR
7		ST
&	ST	
6		S
&		D
5	S	
&	D	
4		S
&	R	
3		S
&		D
2	S	
&		R
1	S	
&	D	
	L	R

3 Stamp Turn

8		S
&	R	
7		S
&		D
6	SL	
&		ST
5	SL	
&		ST
4	SL	
&		ST
3	S	
&	D	
2		S
&		D
1	S	
&	D	
	L	R