

- in front of you on 9, 10, bring over (keep flag down) to right angle on 11, 12, hold on 13, 14, bring flag up to right angle on 15, hold on 16.
10. Bring pole down in front of you and cradle the pole on 1, 2, 3, 4. Raise arms up in front of you and around (like wings) on 5, 6. Bring arms down on 7, 8. Raise arms up on 9 while turning around to your left side on 10, 11, 12. Bring flag down to right angle on 13, 14, 15, 16.
  11. (Repeat) Bring pole down in front of you and cradle the pole on 1, 2, 3, 4. Raise arms up and around in front of you (like wings) on 5, 6. Bring arms down on 7, 8. Raise arms up on 9 while turning around to your left on 10, 11, 12. Bring flag down to right angle (hand changes and pole comes in front) on 13, 14, 15, 16.
  12. Bring flag up quick to right angle on 1, hold 2, 3, 4. Bring flag down on 5 hold 6, 7, 8.
  13. (next is crisscross) Up to right angle on 1, slide down in front of you keeping right angle on 2, keep flag in front of you and shift across to left angle on 3, push up to left angle on 4 and slowly drop down to right angle on 5, 6, 7, 8.
  14. Bring flag up and across to left angle on 1, right angle on 2, turn upper body right and bring flag down along your right side, flag will be down on 3, up on 4 – turn to facing front on 4, bring flag down to the right on 5, 6, 7, 8.
  15. (next is crisscross) Up to right angle on 1, slide down in front of you keeping right angle on 2, keep flag in front of you and shift across to left angle on 3, push up to left angle on 4 and slowly drop down to right angle on 5, 6, 7, 8.
  16. Bring flag up and across to left angle on 1, right angle on 2, turn upper body right and bring flag down along your right side, flag will be down on 3, up on 4 – turn to facing front on 4, bring flag down to the right on 5, 6, 7, 8.
  17. Change hand and cradle flag slowly on 1, 2, 3, 4. Keep flag down, make figure 8's (in 4 counts) to front and side, alternating steps forward and back for 24 counts (ending at the right down angle). Bring flag up in front of you, arm is wrapped around pole as you bring it up, reverse hand, lift with left hand, turn right hand and push up straight on 25, 26, down to horizontal on 27, 28.
  18. Bring flag up on 1, hold 2, 3, 4.
  19. Drop spin on 1, 2 (straight on 2), drop behind, bending knees on 3, 4 (straight on 4). Drop spin on 5, 6, drop behind, bending knees on 7, 8. Drop spin on 9, 10, drop behind, bending knees on 11, 12.
  20. Bow forward, scoop flag in front of you and around over your head on 13, 14, 15, straight up on 16.

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