

21. Drop spin on 1, 2, drop behind, bending knees on 3, 4.
22. (worm) Drop flag down to right on 1, horizontal on 2, up to right angle on 3, horizontal overhead on 4, slowly bring down in front of you (keeping it horizontal) on 5, 6, 7, 8. Hold on 9, 10, 11, 12. Bring flag straight, next to you, on 13, 14, 15, 16. Hold 17, 18, 19, 20.
23. Butterfly spins for 12 counts. Slowly bring flag down with right hand (looking down at flag) on 13, 14, 15, raise arms up (flag in right hand), head up, kick left foot back on 16.

LOMB P. 3