

Orange Noise

Angle to side stance. Cusp both hands around bar element.

Place [right foot] behind hips.

Slide [left foot] back until feet stand side-by-side.

Slide [left foot] back

Slide  
Slide [left foot] to meet

Side Stance. Angle to side stance.

Cusp

Place [right foot]                    b   e   h   i   n   d                    h i   p ss.

Slide [left foot] until side-by-side  
Cusp both hands around bar element.

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Slide [left foot] to meet

Side Stance. Angle to side stance.

Cusp

Place [right foot]   b   e   h   i   n   d                    h i   p ss.

Slide [left foot] until side-by-side

Cusp both hands around bar element.

Return to forward stance.

With shoulders pressed slightly to bar element

press forward supporting shoulders move forward

support shoulders forward

forward shoulders to bar

supporting shoulders pressing to bar element

jump both feet back

jump

jump both feet until angled extension is achieved

jump together to align

slightly resting shoulders are placed against bar element

jump

jumping until meeting

a pressed extension.

Return to forward stance

turning away from support-bar

turn away

to turn away

turning away

support-bar turned away

to turn to a backward-facing forward stance

turn to a forward stance with back towards support-bar

Return to forward stance

turn

Return to forward stance

clasp both arms around bar element

lifting to support clasping

clasping as knees hover

Clasping to support knees hovering to chest

knees hover to chest

knees 2 chest

position both feet just above ground with knees 2 chest

position both feet

position feet

in case of fall

let go

land

repeat landing

repeat correct landing

land

fall

falling

repeat correct falling

repeat correct landing

falling

fell

repeat landing

repeat correct landing

land

Return to forward stance.

place your [right hand] on the bar element

shimmy only

only your [right hand] across the bar element

Return to forward-facing stance

With shoulders pressed slightly to bar element

press forward supporting shoulders move forward

support shoulders forward

forward shoulders to bar

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jump both feet back

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position both feet just above ground

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repeat landing

repeat correct landing

land

fall

falling

repeat correct falling

repeat correct landing

falling

fell

repeat landing

repeat correct landing

land

Return to forward facing stance

place your [right hand] on the bar element

shimmy only

only your [right hand] across the bar element

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