

**Orange Noise**

Angle to side stance. Cusp both hands around bar element.	turning away from support-bar
Place [right foot] behind hips.	turn away
Slide [left foot] back until feet stand side-by-side.	to turn away
Slide [left foot] back	turning away
Slide	support-bar turned away
Slide [left foot] to meet	to turn to a backward-facing forward stance
Side Stance. Angle to side stance.	turn to a forward stance with back towards support-bar
Cusp	Return to forward stance
Place [right foot] b e h i n d h i p s.	turn
Slide [left foot] until side-by-side	Return to forward stance
Cusp both hands around bar element.	clasp both arms around bar element
Angle to side stance. Cusp both hands around bar element.	lifting to support clasping
Place [right foot] behind hips.	claspings as knees hover
Slide [left foot] back until feet stand side-by-side.	Clasping to support knees hovering to chest
Slide [left foot] back	knees hover to chest
Slide	knees 2 chest
Slide [left foot] to meet	position both feet just above ground with knees 2 chest
Side Stance. Angle to side stance.	position both feet
Cusp	position feet
Place [right foot] b e h i n d h i p s.	in case of fall
Slide [left foot] until side-by-side	let go
Cusp both hands around bar element.	land
Return to forward stance.	repeat landing
With shoulders pressed slightly to bar element	repeat correct landing
press forward supporting shoulders move forward	land
support shoulders forward	fall
forward shoulders to bar	falling
supporting shoulders pressing to bar element	repeat correct falling
jump both feet back	repeat correct landing
jump	falling
jump both feet until angled extension is achieved	fell
jump together to align	repeat landing
slightly resting shoulders are placed against bar element	repeat correct landing
jump	land
jumping until meeting	Return to forward stance.
a pressed extension.	place your [right hand] on the bar element
Return to forward stance	

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  
 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.  
 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 hipss.  
 Slide [left foot] until side-by-side  
 Cusp both hands around bar element.  
 Return to forward stance.  
 place your [right hand] on the bar element  
 shimmy only  
 only your [right hand] across the bar element  
 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  
 turn to a backward-facing forward stance  
 place your [left hand] on the bar element  
 shimmy only  
 only your [left hand] across the bar element  
 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  
 position both feet just above ground  
 knees to 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 facing stance  
 place your [right hand] on the bar element  
 shimmy only  
 only your [right hand] across the bar element  
 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  
 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  
 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.  
 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

Side Stance. Angle to side stance.  
 Cusp  
 Place [right foot] behind hips  
 Slide [left foot] until side-by-side  
 Cusp both hands around bar element.  
 Return to forward stance.  
 place your [right hand] on the bar element  
 shimmy only  
 only your [right hand] across the bar element  
 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 s.  
 Slide [left foot] until side-by-side  
 Cusp both hands around bar element.  
 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  
 turn to a backward-facing forward stance  
 place your [left hand] on the bar element  
 shimmy only  
 only your [left hand] across the bar element  
 Return to forward stance.