

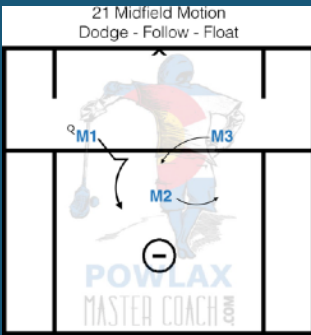


# 21 Motions



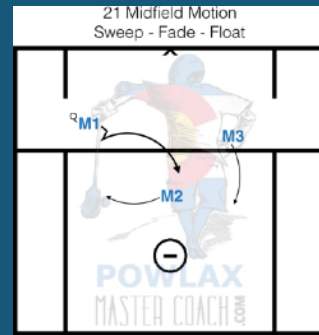
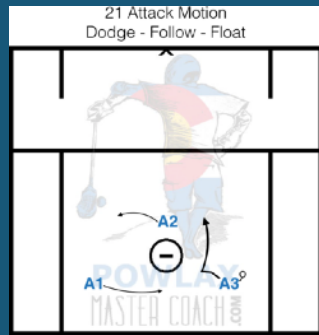
## 21 Motions

Below are many of the 21 Motions. Most of these are symmetrical and able to run on both sides. All except the Flares Motion will take us from our 21 Formation into a 12 Formation.



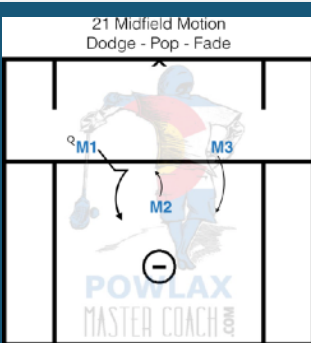
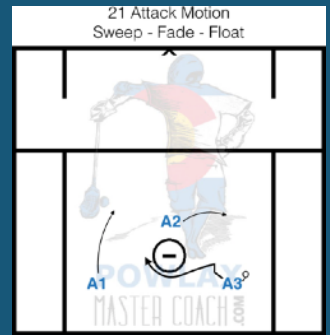
1

Dodge - Follow - Float



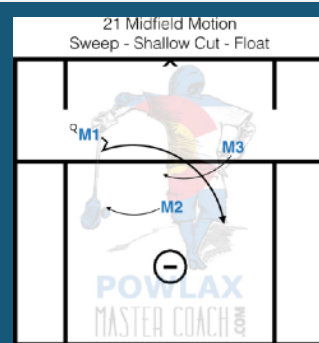
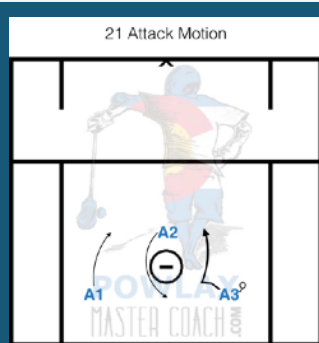
2

Sweep - Fade - Float



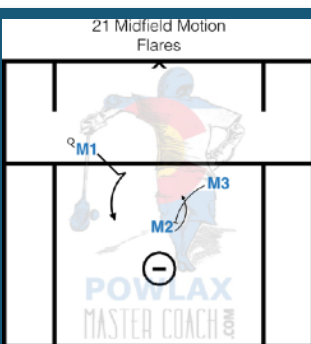
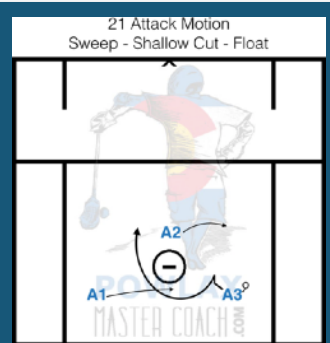
3

Dodge - Pop - Fade



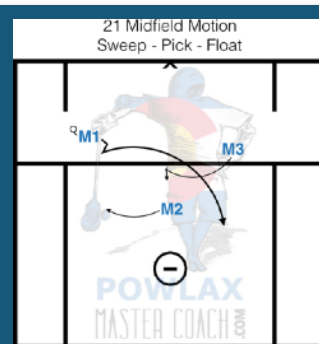
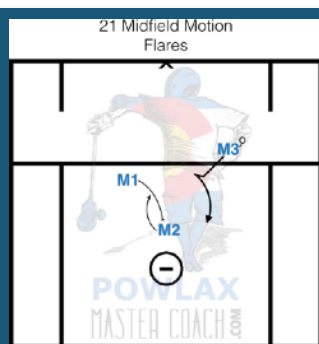
4

Sweep - Shallow Cut - Float



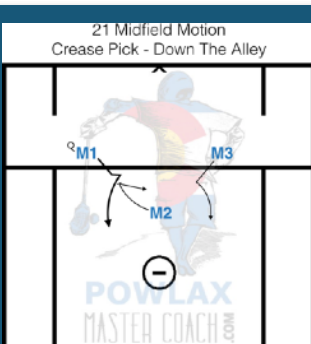
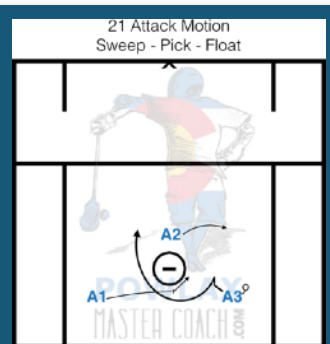
5

Flares



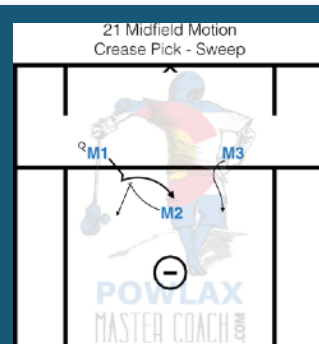
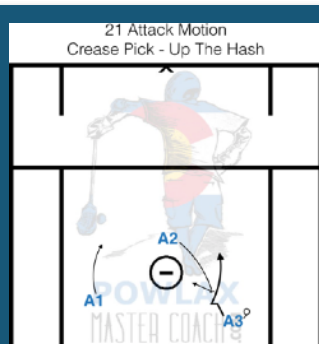
6

Sweep - Pick - Float



7

Crease Pick - Alley



8

Crease Pick - Sweep

