

Pre-Show Warmup Routine  
(mm=90~100ish)

**A**

*ff* R ... L ... R ... L ...

**B**

*mf* R r r r L l l l R r r r L l l l R r r r r r r r L l l l l l l l R ... L ... (back to B)

**B2**

R L R L R L R L

R L R L R L R L R L R L R L R L

**A**

*ff* R ... L ... R ... L ... opt. pause to stretch

**C**

*mf* R l l l L r r r R l l l L r r r R l l l l l l l L r r r r r r R l l l .. L r r r .. (back to C)

**C2**

R l l l l l l l L r r r r r r R l l l l l l L r r r r r r R l l l l l L r r r r r

R l l l l L r r r R l l l L r r R l l L r r R l L r R l L r R L R L R L R L

**A**

*ff* R ... L ... R ... L ... opt. pause to stretch

**D**

*mf* (back to D)

**D2**

(back to D2)

**A**

*ff* R ... L ... R ... L ... R STRETCH!