

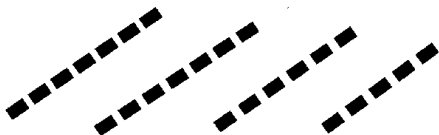
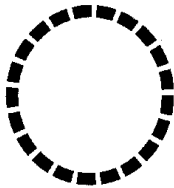
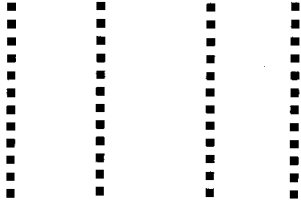
FORMATIONS

by Debbie Byrd

Formations are very audience appealing! Use a minimum of 3 formation changes in a normal length routine, movement into a formation is usually done at the end of one step so the new step can begin in the new formation. To help with precision and stability of the routine stay in one formation at least one or two steps before moving again.

Basic Formations

X X X X X X X X X X
X X X X X X X X X X



Variation of Basic Formations

XX XX XX XX XX XX XX XX
XX XX XX XX XX XX XX

