


<b>TWIRLING SKILLS</b> <b>TWIRL 1-2</b>		MON	TUES	WED	THURS	FRI	SAT	SUN
50 TIME TOSSES								
20 THUMB TOSSES								
20 One Spins (for students working on this skill)								
20 Wrist Rolls								
20 Double Wrist Rolls								
20 Elbow Rolls 20 Reverse Elbow Rolls								
20 Neck Wraps								
20 Snake Rolls								
Horizontal Toss (Pancake Toss)								
Finger Rolls								
Horizontals Left and Right (Pancakes)								
Figure 8's Left and Right (Chocolate and Vanilla)								
Swings (Chocolate Vanilla) Swings (Helicopter)								