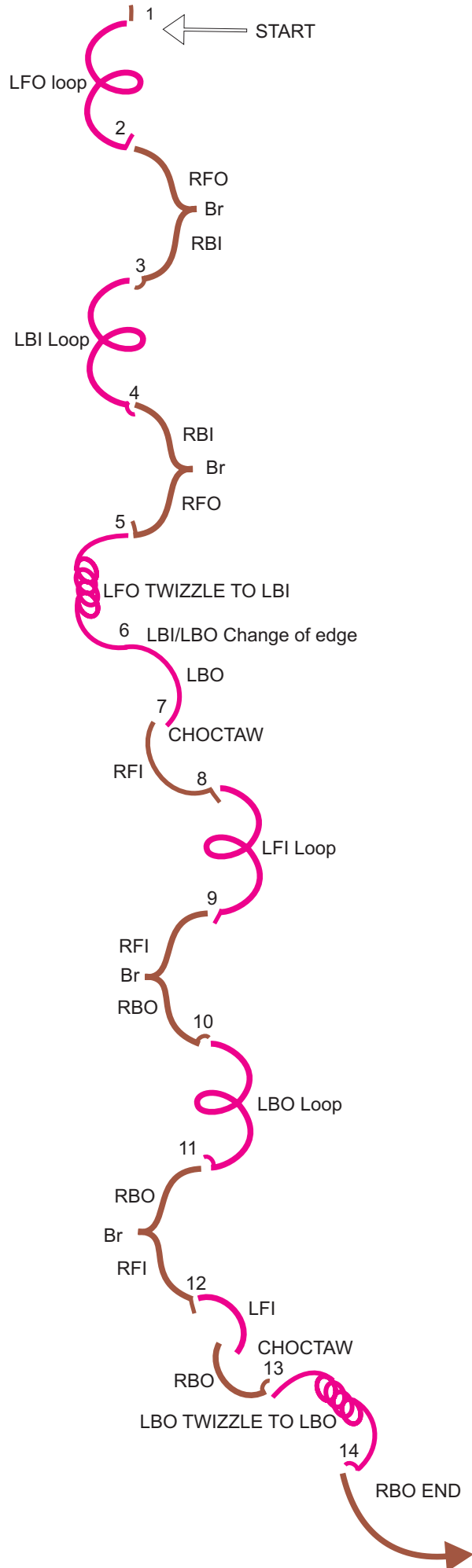


LOOP AND BRACKET FIGURE 1 - Exercise 18



START OUTSIDE/LEFT

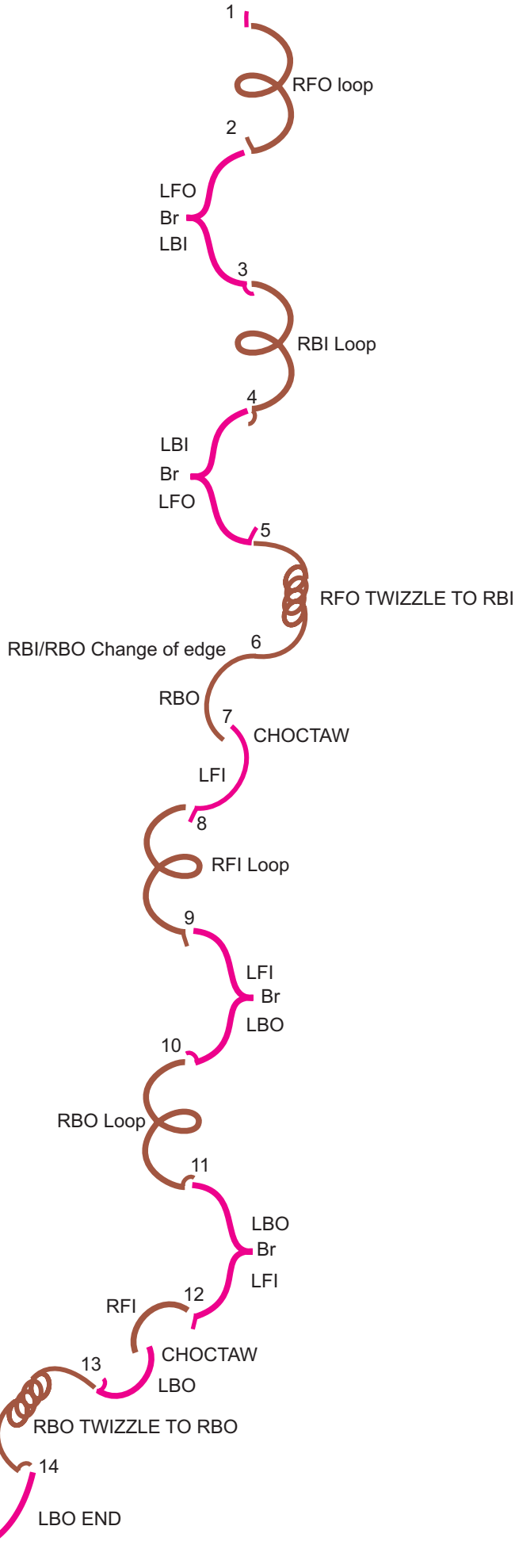


1. Push off from RFI to LFO with free leg behind, LFO loop ending with free leg to the front.
2. Push off from LFI to RFO with free leg behind, RFO to RBI bracket, exiting the bracket with the free foot in front over the tracing. Pass the free foot behind then
3. Push off from RBI to LBI with free leg in front, LBI loop ending with free leg behind
4. Push off from LBI to RBI taking free leg behind, RBI to RFO bracket ending with free leg behind. Pass the free foot to the front then
5. Push off RFI to LFO keeping free leg behind, LFO twizzle to LBI ending with free leg behind then
6. LBI to LBO change of edge keeping the free leg behind then directly to
7. Choctaw LBO to RFI
8. Push off RFI to LFI keeping free leg behind, LFI loop ending with free leg in front
9. Push off LFI to RFI, taking free leg to the front over the tracing. RFI to RBO bracket exiting with the free leg behind
10. Push off from RBI to LBO with free leg in front. LBO loop, exiting with free leg behind
11. Push off from LBI to RBO keeping the free leg in front. RBO to RFI bracket exiting with the free leg behind
12. Push off RFI to LFI passing the free foot to the front then LFI to RBO choctaw finishing with the free leg behind
13. Push off RBI to LBO keeping free leg behind then LBO to LBO twizzle exiting with the free foot behind
14. Push off from LBI to RBO and END

LOOP AND  
BRACKET FIGURE 2 - Exercise 19



START OUTSIDE/RIGHT



1. Push off from LFI to RFO with free leg behind, RFO loop ending with free leg to the front.
2. Push off from RFI to LFO with free leg behind, LFO to LBI bracket, exiting the bracket with the free foot in front over the tracing. Pass the free foot behind then
3. Push off from LBI to RBI with free leg in front, RBI loop ending with free leg behind
4. Push off from RBI to LBI taking free leg behind, LBI to LFO bracket ending with free leg behind. Pass the free foot to the front then
5. Push off LFI to RFO keeping free leg behind, RFO twizzle to RBI ending with free leg behind then
6. RBI to RBO change of edge keeping the free leg behind then directly to
7. Choctaw RBO to LFI
8. Push off LFI to RFI keeping free leg behind, RFI loop ending with free leg in front
9. Push off RFI to LFI, taking free leg to the front over the tracing. LFI to LBO bracket exiting with the free leg behind
10. Push off from LBI to RBO with free leg in front. RBO loop, exiting with free leg behind
11. Push off from RBI to LBO keeping the free leg in front. LBO to LFI bracket exiting with the free leg behind
12. Push off LFI to RFI passing the free foot to the front then RFI to LBO choctaw finishing with the free leg behind
13. Push off LBI to RBO keeping free leg behind then RBO to RBO twizzle exiting with the free foot behind
14. Push off from RBI to LBO and END