

# **CITY OF SAILS**

## **INTERMEDIATE ADVANCED**

### **WEEK 1**

**DOUBLE BACK PUSH TURN**

**LADIES SPIN X 3**

**DAVE SMITH**

**REVERSE DAVE SMITH**

### **WEEK 2**

**P.C. TURN SPIN (COUNT OF 6 THEN  
BACKSTEP**

**P.C. KICK(COUNT OF 4 THEN BACKSTEP & 2  
FLICKS)**

**BLACK EYE.**

### **WEEK 3**

**5 SPINS**

**TORNADO**

**CATS CRADLE**

### **WEEK 4**

**BARTMAN**

**ORBIT**

**TURMOIL**