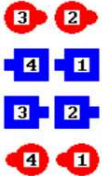

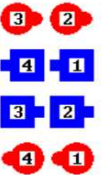
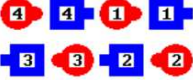
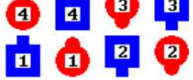


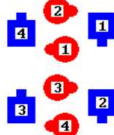
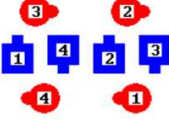
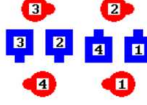
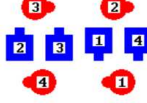
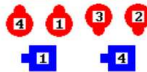
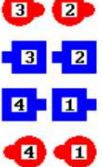
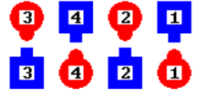
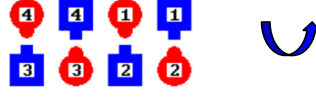

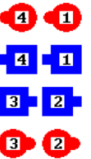
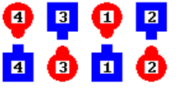
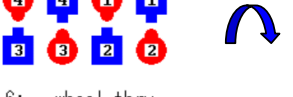
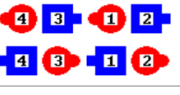
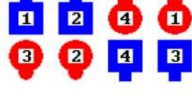
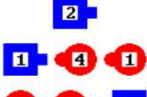
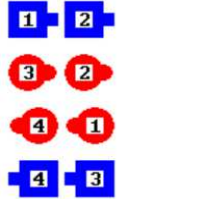
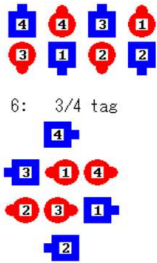
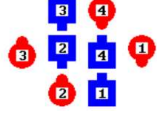



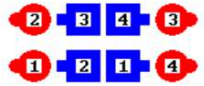
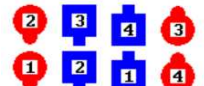





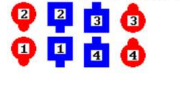


😊 ボディアローの良い動作をどう作っていくか勉強します。

更新日:2021-11-01

centers trade	centers walk & dodge	centers (anything)	* 休息 getout (in <--> out)
<p>3: centers trade</p>  <p>4: recycle</p>  <div data-bbox="203 671 461 871" style="border: 1px solid black; padding: 5px;"> <p>centers trade</p> <ul style="list-style-type: none"> <li>&gt; swing thru</li> <li>&gt; centers run</li> <li>&gt; centers cross run</li> <li>&gt; bend the line</li> </ul> </div> <p>3: centers trade</p>  <p>4: ah so</p>  <p>5: checkover</p> 	<p>3: CENTERS walk and dodge</p>  <p>4: cast off 3/4</p>  <p>5: CENTERS pass the ocean</p> 	<p>centers (anything)</p> <ul style="list-style-type: none"> <li>&gt; peel the top</li> <li>&gt; follow your neighbor</li> </ul> <hr/> <p>3: CENTERS peel the top</p>  <p>3: CENTERS follow thru</p>  <p>4: centers trade</p>  <p>5: INTERLOCKED diamond circulate</p> 	<p>* 休息 getout (in &lt;--&gt; out)</p> <p>4: spin the top 2 TIMES</p>  <div data-bbox="1648 751 2018 1190" style="border: 1px solid black; padding: 5px;"> <p>get out (out--&gt;in)</p> <ul style="list-style-type: none"> <li>&gt; spin the top X 2</li> <li>&gt; swing thru X 2</li> <li>&gt; centers trade , ends trade</li> <li>&gt; R/L</li> <li>&gt; pass thru , partner trade</li> <li>&gt; slip, slides, slip, slide</li> <li>&gt; centers trade, recycle</li> </ul> </div>

bend the line	1/4 tag	1/2 tag	3/4 tag
<p>3: (girls trade ; bend the line)</p>  <p>4: REVERSE flutter wheel</p>  <p>5: LEFT wheel thru</p>  <hr/>  <p>4: (boys trade ; bend the line)</p>  <p>5: flutter wheel</p>  <p>6: wheel thru</p>  <div data-bbox="190 1260 560 1500" style="border: 1px solid black; padding: 5px;"> <p>bend the line (ccw)  &gt; reverse cross and turn  &gt; dixie diamond  &gt; dixie sashay  bend the line (cw)  &gt; cross and turn</p> </div>	<p>8: 1/4 tag</p>  <p>9: extend</p> 	<p>4: 1/2 tag</p> 	<p>6: 3/4 tag</p>  <p>7: (ends cloverleaf ; CENTERS spin the top)</p> 

tag the line	wheel around 1/4 more
<p>  </p> <p>7: face in</p> <p>  </p> <p>8: pass thru</p> <p>  </p> <p>9: tag the line</p> <p>  </p> <p>10: face left</p> <p>  </p>	<p>  </p> <p>  </p> <p>4: [wheel around] and a quarter more</p> <p>  </p> <p>  </p> <p>  </p> <p>4: [REVERSE wheel around] and a quarter more</p> <p>  </p>