

Twirl Productions Unlimited
Fundamental Lanes

Level 1

1. Wrist Twirl – R/L
2. Nose Trick – Spin to Left
3. Forward Figure Eight – R/L
4. Bicycle
5. Two Hand Spin Hideaway

Level 2

1. Back Roll
2. Flat Spins – R/L
3. Arm Roll
4. Can-Opener
5. Two Hand Spin Pass Around Back

Level 3

1. Right Flash
2. Elbow Roll
3. Head Loop
4. Flat Flips – R/L
5. Tip Release

Level 4

1. Horizontal Box – R/L
2. Reverse Figure Eights – R/L
3. Steeple Toss
4. Elbow Hand Roll
5. Can-Opener Butterfly

Level 5

1. Vertical 4 Finger Twirl – R/L
2. Four Ct. Vertical Toss
3. Four Ct. Horizontal Toss
4. Palm Spin - R/L
5. Time Toss / Thumb Flip *Must roll off of your thumb.

Level 6

1. Left Backhand *Left arm should be straight
2. Horizontal 4 Finger Twirl – R/L
3. Vertical Grapevine Finger Twirl – R/L
4. Little Joe Flips
5. Vertical One Turn

Level 7

1. Forward Vertical Split Finger Twirl – R/L
2. Can Opener One Turn – R to R
3. Double Elbow Roll Catch Left
4. Little Joe Flips and Catch Under Perch
5. Vertical One Turn Catch Left

Level 8

1. Reverse Vertical Split Finger Twirl – R/L
2. Double Elbow Roll Catch Right in Backhand
3. Pick Off – Throw from Right, Turn to Left and Catch in Left
4. Horizontal One Turn
5. Back Catch – R to R * Must not trap the catch!

Level 9

1. Horizontal Split Finger Twirl – R/L
2. Elbow Trap Catch in Left
3. Pick Off – Throw from Right, Turn to Right and Catch in Right
4. Left Box Horizontal One Turn Catch Right
5. Back Catch – L to L *Must not trap the catch!