

HEB Jr. High Level 3 Bar Routine

Start Value - 8.0

1A. Mount: Glide Swing & Return (0.20)

Back Hip Pullover (0.40)

1B. Mount: Straddle or Pike Glide Kip Mount (0.60)

2. Cast (0.20)

3. Back Hip Circle (0.40)

4. Back Hip Circle (0.40)

5. Cast Squat On (0.20)

6. Jump to Tap Swing Forward, First Counterswing (0.60)

7. Tap Swing Forward, Second Counterswing (0.60)

8. Tap Swing Forward with $\frac{1}{2}$ Turn Dismount (0.60)