

Rickey Mutnansky**Drill: Destination Africa Mvt. 1****Performing as cast member: Rickey Mutnansky Label: 1 Symbol: S ID:1**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps inside Right 45 yd In	on Front side line
#2	16	16	2.0 stps inside Right 45 yd In	on Front side line
#3	16	32	2.0 stps inside Right 45 yd In	on Front side line
#4	16	48	2.0 stps inside Right 45 yd In	on Front side line
#5	18	66	2.0 stps inside Right 45 yd In	on Front side line
#6	16	82	1.0 stp outside Right 45 yd In	4.0 stps behind Front side line
#7	16	98	0.75 stps outside Right 45 yd In	3.75 stps behind Front side line
#8	12	110	3.0 stps inside Right 45 yd In	13.0 stps in frnt of Front hash (HS)
#9	12	122	2.0 stps Right of 50 yd In	9.0 stps in frnt of Front hash (HS)
#10	24	146	4.0 stps inside Right 40 yd In	6.0 stps behind Front hash (HS)
#11	24	170	4.0 stps inside Right 40 yd In	6.0 stps behind Front hash (HS)
#12	24	194	4.0 stps Left of 50 yd In	12.0 stps behind Front side line
#13	16	210	4.0 stps Left of 50 yd In	12.0 stps behind Front side line
#14	24	234	0.25 stps outside Left 45 yd In	3.25 stps behind Front hash (HS)
#15	12	246	0.25 stps outside Left 45 yd In	3.25 stps behind Front hash (HS)
#16	12	258	3.75 stps outside Left 45 yd In	8.0 stps behind Front hash (HS)
#17	32	290	2.75 stps outside Left 45 yd In	3.0 stps behind Front hash (HS)
#18	8	298	2.75 stps outside Left 45 yd In	3.0 stps behind Front hash (HS)
#19	17	315	0.75 stps outside Left 45 yd In	9.0 stps in frnt of Front hash (HS)

Sean Duffy**Drill: Destination Africa Mvt. 1****Performing as cast member: Sean Duffy Label: 2 Symbol: S ID:2**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	4.0 stps inside Right 45 yd In	on Front side line
#2	16	16	4.0 stps inside Right 45 yd In	on Front side line
#3	16	32	4.0 stps inside Right 45 yd In	on Front side line
#4	16	48	4.0 stps inside Right 45 yd In	on Front side line
#5	18	66	4.0 stps inside Right 45 yd In	on Front side line
#6	16	82	2.0 stps inside Right 45 yd In	4.0 stps behind Front side line
#7	16	98	2.0 stps inside Right 45 yd In	5.75 stps behind Front side line
#8	12	110	1.75 stps Right of 50 yd In	11.0 stps in frnt of Front hash (HS)
#9	12	122	2.0 stps Left of 50 yd In	9.0 stps in frnt of Front hash (HS)
#10	24	146	On Right 45 yd In	6.0 stps behind Front hash (HS)
#11	24	170	On Right 45 yd In	6.0 stps behind Front hash (HS)
#12	24	194	1.25 stps Left of 50 yd In	13.25 stps in frnt of Front hash (HS)
#13	16	210	1.25 stps Left of 50 yd In	13.25 stps in frnt of Front hash (HS)
#14	24	234	2.5 stps inside Left 45 yd In	4.5 stps behind Front hash (HS)
#15	12	246	2.5 stps inside Left 45 yd In	4.5 stps behind Front hash (HS)
#16	12	258	1.0 stp outside Left 45 yd In	8.0 stps behind Front hash (HS)
#17	32	290	0.5 stps outside Left 45 yd In	5.75 stps behind Front hash (HS)
#18	8	298	0.5 stps outside Left 45 yd In	5.75 stps behind Front hash (HS)
#19	17	315	1.0 stp inside Left 45 yd In	6.5 stps in frnt of Front hash (HS)

Querron Smith**Drill: Destination Africa Mvt. 1****Performing as cast member: Querron Smith Label: 3 Symbol: Q ID:3**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps Right of 50 yd In	on Front side line
#2	16	16	2.0 stps Right of 50 yd In	on Front side line
#3	16	32	2.0 stps Right of 50 yd In	on Front side line
#4	16	48	2.0 stps Right of 50 yd In	on Front side line
#5	18	66	2.0 stps Right of 50 yd In	on Front side line
#6	16	82	3.0 stps Right of 50 yd In	4.0 stps behind Front side line
#7	16	98	2.75 stps Right of 50 yd In	7.75 stps behind Front side line
#8	12	110	1.0 stp Left of 50 yd In	9.0 stps in frnt of Front hash (HS)
#9	12	122	2.0 stps inside Left 45 yd In	9.0 stps in frnt of Front hash (HS)
#10	24	146	4.0 stps inside Right 45 yd In	6.0 stps behind Front hash (HS)
#11	24	170	4.0 stps inside Right 45 yd In	6.0 stps behind Front hash (HS)
#12	24	194	1.25 stps Right of 50 yd In	10.5 stps in frnt of Front hash (HS)
#13	16	210	1.25 stps Right of 50 yd In	10.5 stps in frnt of Front hash (HS)
#14	24	234	2.5 stps Left of 50 yd In	5.75 stps behind Front hash (HS)
#15	12	246	2.5 stps Left of 50 yd In	5.75 stps behind Front hash (HS)
#16	12	258	1.25 stps inside Left 45 yd In	8.0 stps behind Front hash (HS)
#17	32	290	1.75 stps inside Left 45 yd In	8.75 stps behind Front hash (HS)
#18	8	298	1.75 stps inside Left 45 yd In	8.75 stps behind Front hash (HS)
#19	17	315	3.0 stps inside Left 45 yd In	4.25 stps in frnt of Front hash (HS)

Haley Oresky**Drill: Destination Africa Mvt. 1****Performing as cast member: Haley Oresky Label: 4 Symbol: 1 ID:4**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On 50 yd In	on Front side line
#2	16	16	On 50 yd In	on Front side line
#3	16	32	On 50 yd In	on Front side line
#4	16	48	On 50 yd In	on Front side line
#5	18	66	On 50 yd In	on Front side line
#6	16	82	On 50 yd In	4.0 stps behind Front side line
#7	16	98	On Left 50 yd In	9.75 stps behind Front side line
#8	12	110	3.75 stps inside Left 45 yd In	7.0 stps in frnt of Front hash (HS)
#9	12	122	4.0 stps inside Right 45 yd In	6.0 stps in frnt of Front hash (HS)
#10	24	146	On 50 yd In	6.0 stps behind Front hash (HS)
#11	24	170	On 50 yd In	6.0 stps behind Front hash (HS)
#12	24	194	4.0 stps inside Right 45 yd In	8.0 stps in frnt of Front hash (HS)
#13	16	210	4.0 stps inside Right 45 yd In	8.0 stps in frnt of Front hash (HS)
#14	24	234	0.25 stps Right of 50 yd In	6.75 stps behind Front hash (HS)
#15	12	246	0.25 stps Right of 50 yd In	6.75 stps behind Front hash (HS)
#16	12	258	3.75 stps Left of 50 yd In	8.0 stps behind Front hash (HS)
#17	32	290	3.75 stps Left of 50 yd In	11.5 stps behind Front hash (HS)
#18	8	298	3.75 stps Left of 50 yd In	11.5 stps behind Front hash (HS)
#19	17	315	3.0 stps Left of 50 yd In	2.0 stps in frnt of Front hash (HS)

Maritza Garcia**Drill: Destination Africa Mvt. 1****Performing as cast member: Maritza Garcia Label: 5 Symbol: 2 ID:5**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps Left of 50 yd In	on Front side line
#2	16	16	2.0 stps Left of 50 yd In	on Front side line
#3	16	32	2.0 stps Left of 50 yd In	on Front side line
#4	16	48	2.0 stps Left of 50 yd In	on Front side line
#5	18	66	2.0 stps Left of 50 yd In	on Front side line
#6	16	82	3.0 stps Left of 50 yd In	4.0 stps behind Front side line
#7	16	98	3.0 stps Left of 50 yd In	7.75 stps behind Front side line
#8	12	110	0.75 stps inside Left 45 yd In	9.0 stps in frnt of Front hash (HS)
#9	12	122	On 50 yd In	6.0 stps in frnt of Front hash (HS)
#10	24	146	4.0 stps Left of 50 yd In	6.0 stps behind Front hash (HS)
#11	24	170	4.0 stps Left of 50 yd In	6.0 stps behind Front hash (HS)
#12	24	194	1.25 stps inside Right 45 yd In	5.25 stps in frnt of Front hash (HS)
#13	16	210	1.25 stps inside Right 45 yd In	5.25 stps in frnt of Front hash (HS)
#14	24	234	3.0 stps Right of 50 yd In	7.75 stps behind Front hash (HS)
#15	12	246	3.0 stps Right of 50 yd In	7.75 stps behind Front hash (HS)
#16	12	258	1.25 stps Left of 50 yd In	8.0 stps behind Front hash (HS)
#17	32	290	1.25 stps Left of 50 yd In	13.25 stps in frnt of Back hash (HS)
#18	8	298	1.25 stps Left of 50 yd In	13.25 stps in frnt of Back hash (HS)
#19	17	315	1.0 stp Left of 50 yd In	on Front hash (HS)

Dan Huerta**Drill: Destination Africa Mvt. 1****Performing as cast member: Dan Huerta Label: 6 Symbol: 3 ID:6**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	4.0 stps Left of 50 yd In	on Front side line
#2	16	16	4.0 stps Left of 50 yd In	on Front side line
#3	16	32	4.0 stps Left of 50 yd In	on Front side line
#4	16	48	4.0 stps Left of 50 yd In	on Front side line
#5	18	66	4.0 stps Left of 50 yd In	on Front side line
#6	16	82	2.0 stps inside Left 45 yd In	4.0 stps behind Front side line
#7	16	98	1.75 stps inside Left 45 yd In	5.75 stps behind Front side line
#8	12	110	2.0 stps outside Left 45 yd In	11.0 stps in frnt of Front hash (HS)
#9	12	122	4.0 stps Left of 50 yd In	6.0 stps in frnt of Front hash (HS)
#10	24	146	On Left 45 yd In	6.0 stps behind Front hash (HS)
#11	24	170	On Left 45 yd In	6.0 stps behind Front hash (HS)
#12	24	194	1.25 stps outside Right 45 yd In	2.5 stps in frnt of Front hash (HS)
#13	16	210	1.25 stps outside Right 45 yd In	2.5 stps in frnt of Front hash (HS)
#14	24	234	1.75 stps inside Right 45 yd In	9.0 stps behind Front hash (HS)
#15	12	246	1.75 stps inside Right 45 yd In	9.0 stps behind Front hash (HS)
#16	12	258	1.25 stps Right of 50 yd In	8.0 stps behind Front hash (HS)
#17	32	290	1.0 stp Right of 50 yd In	13.5 stps in frnt of Back hash (HS)
#18	8	298	1.0 stp Right of 50 yd In	13.5 stps in frnt of Back hash (HS)
#19	17	315	0.75 stps Right of 50 yd In	on Front hash (HS)

Bill Zurella**Drill: Destination Africa Mvt. 1****Performing as cast member: Bill Zurella Label: 7 Symbol: 4 ID:7**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps inside Left 45 yd In	on Front side line
#2	16	16	2.0 stps inside Left 45 yd In	on Front side line
#3	16	32	2.0 stps inside Left 45 yd In	on Front side line
#4	16	48	2.0 stps inside Left 45 yd In	on Front side line
#5	18	66	2.0 stps inside Left 45 yd In	on Front side line
#6	16	82	1.0 stp outside Left 45 yd In	4.0 stps behind Front side line
#7	16	98	1.0 stp outside Left 45 yd In	4.0 stps behind Front side line
#8	12	110	3.0 stps inside Left 40 yd In	13.0 stps in frnt of Front hash (HS)
#9	12	122	On Left 45 yd In	6.0 stps in frnt of Front hash (HS)
#10	24	146	4.0 stps outside Left 45 yd In	6.0 stps behind Front hash (HS)
#11	24	170	4.0 stps outside Left 45 yd In	6.0 stps behind Front hash (HS)
#12	24	194	4.0 stps inside Right 40 yd In	on Front hash (HS)
#13	16	210	4.0 stps inside Right 40 yd In	on Front hash (HS)
#14	24	234	0.5 stps outside Right 45 yd In	10.75 stps behind Front hash (HS)
#15	12	246	0.5 stps outside Right 45 yd In	10.75 stps behind Front hash (HS)
#16	12	258	3.75 stps Right of 50 yd In	8.0 stps behind Front hash (HS)
#17	32	290	3.25 stps Right of 50 yd In	11.5 stps behind Front hash (HS)
#18	8	298	3.25 stps Right of 50 yd In	11.5 stps behind Front hash (HS)
#19	17	315	2.75 stps Right of 50 yd In	2.25 stps in frnt of Front hash (HS)

Hannah Rahm**Drill: Destination Africa Mvt. 1****Performing as cast member: Hannah Rahm Label: 8 Symbol: C ID:30**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On 50 yd In	12.0 stps behind Front hash (HS)
#2	16	16	On 50 yd In	12.0 stps behind Front hash (HS)
#3	16	32	On 50 yd In	12.0 stps behind Front hash (HS)
#4	16	48	On 50 yd In	4.0 stps behind Front hash (HS)
#5	18	66	On 50 yd In	on Front hash (HS)
#6	16	82	1.25 stps Left of 50 yd In	3.5 stps behind Front hash (HS)
#7	16	98	1.5 stps Left of 50 yd In	8.0 stps behind Front hash (HS)
#8	12	110	1.25 stps outside Right 45 yd In	8.0 stps behind Front hash (HS)
#9	12	122	1.25 stps outside Right 45 yd In	8.0 stps behind Front hash (HS)
#10	24	146	1.25 stps outside Right 45 yd In	10.0 stps in frnt of Back hash (HS)
#11	24	170	1.25 stps outside Right 45 yd In	10.0 stps in frnt of Back hash (HS)
#12	24	194	0.75 stps Right of 50 yd In	3.5 stps behind Front hash (HS)
#13	16	210	0.75 stps Right of 50 yd In	3.5 stps behind Front hash (HS)
#14	24	234	1.75 stps inside Left 40 yd In	1.5 stps behind Front hash (HS)
#15	12	246	1.75 stps inside Left 40 yd In	1.5 stps behind Front hash (HS)
#16	12	258	1.0 stp outside Left 40 yd In	8.0 stps behind Front hash (HS)
#17	32	290	0.25 stps inside Left 40 yd In	2.5 stps in frnt of Front hash (HS)
#18	8	298	0.25 stps inside Left 40 yd In	2.5 stps in frnt of Front hash (HS)
#19	17	315	3.25 stps inside Left 40 yd In	13.5 stps in frnt of Front hash (HS)

Jalissa Novotney

Drill: Destination Africa Mvt. 1

Performing as cast member: Jalissa Novotney Label: 9 Symbol: C ID:26

Table with 3 columns: Set Move Count, Right-Left, Back-Front. Rows 1-19 detailing drill movements.

Jasmine Monroe

Drill: Destination Africa Mvt. 1

Performing as cast member: Jasmine Monroe Label: 10 Symbol: C ID:27

Table with 3 columns: Set Move Count, Right-Left, Back-Front. Rows 1-19 detailing drill movements.

Hannah Bruinius

Drill: Destination Africa Mvt. 1

Performing as cast member: Hannah Bruinius Label: 11 Symbol: C ID:28

Table with 3 columns: Set Move Count, Right-Left, Back-Front. Rows 1-19 detailing drill movements.

Amelia Foley

Drill: Destination Africa Mvt. 1

Performing as cast member: Amelia Foley Label: 12 Symbol: C ID:29

Table with 3 columns: Set Move Count, Right-Left, Back-Front. Rows 1-19 detailing drill movements.

Emily Van Sickle

Drill: Destination Africa Mvt. 1

Performing as cast member: Emily Van Sickle Label: 13 Symbol: C ID:8

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Right 45 yd In	8.0 stps in frnt of Back hash (HS)
#2	16	16	On Right 45 yd In	8.0 stps in frnt of Back hash (HS)
#3	16	32	On Right 45 yd In	8.0 stps in frnt of Back hash (HS)
#4	16	48	On Right 45 yd In	12.0 stps behind Front hash (HS)
#5	18	66	On Right 45 yd In	8.0 stps behind Front hash (HS)
#6	16	82	2.75 stps outside Right 45 yd In	5.5 stps in frnt of Front hash (HS)
#7	16	98	2.5 stps outside Left 45 yd In	5.0 stps in frnt of Front hash (HS)
#8	12	110	1.25 stps outside Left 45 yd In	8.0 stps behind Front hash (HS)
#9	12	122	1.25 stps outside Left 45 yd In	8.0 stps behind Front hash (HS)
#10	24	146	1.25 stps outside Left 45 yd In	10.0 stps in frnt of Back hash (HS)
#11	24	170	1.25 stps outside Left 45 yd In	10.0 stps in frnt of Back hash (HS)
#12	24	194	0.25 stps outside Left 35 yd In	11.75 stps in frnt of Back hash (HS)
#13	16	210	0.25 stps outside Left 35 yd In	11.75 stps in frnt of Back hash (HS)
#14	24	234	On Left 30 yd In	12.5 stps behind Front hash (HS)
#15	12	246	On Left 30 yd In	12.5 stps behind Front hash (HS)
#16	12	258	3.25 stps outside Left 30 yd In	8.0 stps behind Front hash (HS)
#17	32	290	3.25 stps inside Left 25 yd In	1.75 stps behind Front hash (HS)
#18	8	298	3.25 stps inside Left 25 yd In	1.75 stps behind Front hash (HS)
#19	17	315	2.25 stps inside Left 30 yd In	9.75 stps in frnt of Front hash (HS)

Angelina Quiles

Drill: Destination Africa Mvt. 1

Performing as cast member: Angelina Quiles Label: 14 Symbol: C ID:9

Set	Move	Count	Right-Left	Back-Front
#1	0	0	4.0 stps inside Right 45 yd In	8.0 stps in frnt of Back hash (HS)
#2	16	16	4.0 stps inside Right 45 yd In	8.0 stps in frnt of Back hash (HS)
#3	16	32	4.0 stps inside Right 45 yd In	8.0 stps in frnt of Back hash (HS)
#4	16	48	4.0 stps inside Right 45 yd In	12.0 stps behind Front hash (HS)
#5	18	66	4.0 stps inside Right 45 yd In	8.0 stps behind Front hash (HS)
#6	16	82	0.25 stps outside Right 45 yd In	3.25 stps in frnt of Front hash (HS)
#7	16	98	On Left 45 yd In	1.25 stps in frnt of Front hash (HS)
#8	12	110	4.0 stps Left of 50 yd In	8.0 stps behind Front hash (HS)
#9	12	122	4.0 stps Left of 50 yd In	8.0 stps behind Front hash (HS)
#10	24	146	4.0 stps Left of 50 yd In	10.0 stps in frnt of Back hash (HS)
#11	24	170	4.0 stps Left of 50 yd In	10.0 stps in frnt of Back hash (HS)
#12	24	194	1.0 stp outside Left 40 yd In	12.5 stps behind Front hash (HS)
#13	16	210	1.0 stp outside Left 40 yd In	12.5 stps behind Front hash (HS)
#14	24	234	3.75 stps outside Left 35 yd In	8.0 stps behind Front hash (HS)
#15	12	246	3.75 stps outside Left 35 yd In	8.0 stps behind Front hash (HS)
#16	12	258	1.75 stps inside Left 30 yd In	8.0 stps behind Front hash (HS)
#17	32	290	1.5 stps inside Left 30 yd In	1.75 stps in frnt of Front hash (HS)
#18	8	298	1.5 stps inside Left 30 yd In	1.75 stps in frnt of Front hash (HS)
#19	17	315	0.25 stps outside Left 35 yd In	12.75 stps in frnt of Front hash (HS)

Deirdra Clarke

Drill: Destination Africa Mvt. 1

Performing as cast member: Deirdra Clarke Label: 15 Symbol: C ID:10

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On 50 yd In	8.0 stps in frnt of Back hash (HS)
#2	16	16	On 50 yd In	8.0 stps in frnt of Back hash (HS)
#3	16	32	On 50 yd In	8.0 stps in frnt of Back hash (HS)
#4	16	48	On 50 yd In	12.0 stps behind Front hash (HS)
#5	18	66	On 50 yd In	8.0 stps behind Front hash (HS)
#6	16	82	1.75 stps inside Right 45 yd In	0.75 stps in frnt of Front hash (HS)
#7	16	98	2.5 stps inside Left 45 yd In	2.5 stps behind Front hash (HS)
#8	12	110	1.25 stps Right of 50 yd In	8.0 stps behind Front hash (HS)
#9	12	122	1.25 stps Right of 50 yd In	8.0 stps behind Front hash (HS)
#10	24	146	1.25 stps Right of 50 yd In	10.0 stps in frnt of Back hash (HS)
#11	24	170	1.25 stps Right of 50 yd In	10.0 stps in frnt of Back hash (HS)
#12	24	194	2.0 stps outside Left 45 yd In	9.0 stps behind Front hash (HS)
#13	16	210	2.0 stps outside Left 45 yd In	9.0 stps behind Front hash (HS)
#14	24	234	1.0 stp inside Left 35 yd In	4.25 stps behind Front hash (HS)
#15	12	246	1.0 stp inside Left 35 yd In	4.25 stps behind Front hash (HS)
#16	12	258	0.75 stps outside Left 35 yd In	8.0 stps behind Front hash (HS)
#17	32	290	On Left 35 yd In	5.5 stps in frnt of Front hash (HS)
#18	8	298	On Left 35 yd In	5.5 stps in frnt of Front hash (HS)
#19	17	315	3.0 stps outside Left 40 yd In	12.0 stps behind Front side line

Angela Bosch

Drill: Destination Africa Mvt. 1

Performing as cast member: Angela Bosch Label: 16 Symbol: C ID:11

Set	Move	Count	Right-Left	Back-Front
#1	0	0	4.0 stps Left of 50 yd In	8.0 stps in frnt of Back hash (HS)
#2	16	16	4.0 stps Left of 50 yd In	8.0 stps in frnt of Back hash (HS)
#3	16	32	4.0 stps Left of 50 yd In	8.0 stps in frnt of Back hash (HS)
#4	16	48	4.0 stps Left of 50 yd In	12.0 stps behind Front hash (HS)
#5	18	66	4.0 stps Left of 50 yd In	8.0 stps behind Front hash (HS)
#6	16	82	3.5 stps Right of 50 yd In	1.5 stps behind Front hash (HS)
#7	16	98	2.75 stps Left of 50 yd In	6.25 stps behind Front hash (HS)
#8	12	110	1.25 stps inside Right 45 yd In	8.0 stps behind Front hash (HS)
#9	12	122	1.25 stps inside Right 45 yd In	8.0 stps behind Front hash (HS)
#10	24	146	1.25 stps inside Right 45 yd In	10.0 stps in frnt of Back hash (HS)
#11	24	170	1.25 stps inside Right 45 yd In	10.0 stps in frnt of Back hash (HS)
#12	24	194	2.75 stps Left of 50 yd In	5.25 stps behind Front hash (HS)
#13	16	210	2.75 stps Left of 50 yd In	5.25 stps behind Front hash (HS)
#14	24	234	1.0 stp outside Left 40 yd In	2.0 stps behind Front hash (HS)
#15	12	246	1.0 stp outside Left 40 yd In	2.0 stps behind Front hash (HS)
#16	12	258	3.5 stps outside Left 40 yd In	8.0 stps behind Front hash (HS)
#17	32	290	2.0 stps outside Left 40 yd In	5.5 stps in frnt of Front hash (HS)
#18	8	298	2.0 stps outside Left 40 yd In	5.5 stps in frnt of Front hash (HS)
#19	17	315	1.25 stps inside Left 40 yd In	12.0 stps behind Front side line

Giana Pietkiewicz**Drill: Destination Africa Mvt. 1**Performing as cast member: **Giana Pietkiewicz** Label: 17 Symbol: C ID:12

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Left 45 yd In	8.0 stps in frnt of Back hash (HS)
#2	16	16	On Left 45 yd In	8.0 stps in frnt of Back hash (HS)
#3	16	32	On Left 45 yd In	8.0 stps in frnt of Back hash (HS)
#4	16	48	On Left 45 yd In	12.0 stps behind Front hash (HS)
#5	18	66	On Left 45 yd In	8.0 stps behind Front hash (HS)
#6	16	82	1.0 stp Right of 50 yd In	3.75 stps behind Front hash (HS)
#7	16	98	0.25 stps Left of 50 yd In	10.0 stps behind Front hash (HS)
#8	12	110	4.0 stps inside Right 40 yd In	8.0 stps behind Front hash (HS)
#9	12	122	4.0 stps inside Right 40 yd In	8.0 stps behind Front hash (HS)
#10	24	146	4.0 stps inside Right 40 yd In	10.0 stps in frnt of Back hash (HS)
#11	24	170	4.0 stps inside Right 40 yd In	10.0 stps in frnt of Back hash (HS)
#12	24	194	3.5 stps inside Right 45 yd In	1.75 stps behind Front hash (HS)
#13	16	210	3.5 stps inside Right 45 yd In	1.75 stps behind Front hash (HS)
#14	24	234	3.0 stps outside Left 45 yd In	2.25 stps behind Front hash (HS)
#15	12	246	3.0 stps outside Left 45 yd In	2.25 stps behind Front hash (HS)
#16	12	258	1.5 stps inside Left 40 yd In	8.0 stps behind Front hash (HS)
#17	32	290	2.5 stps inside Left 40 yd In	on Front hash (HS)
#18	8	298	2.5 stps inside Left 40 yd In	on Front hash (HS)
#19	17	315	2.5 stps outside Left 45 yd In	11.25 stps in frnt of Front hash (HS)

Kylah Maxwell**Drill: Destination Africa Mvt. 1**Performing as cast member: **Kylah Maxwell** Label: 18 Symbol: F ID:13

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps outside Right 45 yd In	4.0 stps in frnt of Back hash (HS)
#2	16	16	2.0 stps outside Right 45 yd In	4.0 stps in frnt of Back hash (HS)
#3	16	32	2.0 stps outside Right 45 yd In	4.0 stps in frnt of Back hash (HS)
#4	16	48	2.0 stps outside Right 45 yd In	12.0 stps in frnt of Back hash (HS)
#5	18	66	2.0 stps outside Right 45 yd In	12.0 stps behind Front hash (HS)
#6	16	82	0.25 stps outside Right 40 yd In	5.25 stps in frnt of Front hash (HS)
#7	16	98	4.0 stps inside Right 40 yd In	6.0 stps behind Front hash (HS)
#8	12	110	On Right 50 yd In	on Front hash (HS)
#9	12	122	1.0 stp inside Left 40 yd In	8.0 stps behind Front hash (HS)
#10	24	146	4.0 stps outside Left 45 yd In	12.0 stps behind Front hash (HS)
#11	24	170	4.0 stps outside Left 45 yd In	12.0 stps behind Front hash (HS)
#12	24	194	On Left 40 yd In	on Front hash (HS)
#13	16	210	On Left 40 yd In	on Front hash (HS)
#14	24	234	2.75 stps outside Right 45 yd In	12.75 stps behind Front hash (HS)
#15	12	246	2.75 stps outside Right 45 yd In	12.75 stps behind Front hash (HS)
#16	12	258	1.25 stps inside Right 45 yd In	8.0 stps behind Front hash (HS)
#17	32	290	2.0 stps inside Right 45 yd In	8.5 stps behind Front hash (HS)
#18	8	298	2.0 stps inside Right 45 yd In	8.5 stps behind Front hash (HS)
#19	17	315	3.25 stps inside Right 45 yd In	4.5 stps in frnt of Front hash (HS)

Sinead Doogan**Drill: Destination Africa Mvt. 1**Performing as cast member: **Sinead Doogan** Label: 19 Symbol: F ID:14

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps inside Right 45 yd In	4.0 stps in frnt of Back hash (HS)
#2	16	16	2.0 stps inside Right 45 yd In	4.0 stps in frnt of Back hash (HS)
#3	16	32	2.0 stps inside Right 45 yd In	4.0 stps in frnt of Back hash (HS)
#4	16	48	2.0 stps inside Right 45 yd In	12.0 stps in frnt of Back hash (HS)
#5	18	66	2.0 stps inside Right 45 yd In	12.0 stps behind Front hash (HS)
#6	16	82	2.5 stps inside Right 40 yd In	2.75 stps in frnt of Front hash (HS)
#7	16	98	2.0 stps outside Right 45 yd In	6.75 stps behind Front hash (HS)
#8	12	110	2.75 stps Right of 50 yd In	1.25 stps behind Front hash (HS)
#9	12	122	3.5 stps inside Left 40 yd In	6.5 stps behind Front hash (HS)
#10	24	146	On Left 45 yd In	12.0 stps behind Front hash (HS)
#11	24	170	On Left 45 yd In	12.0 stps behind Front hash (HS)
#12	24	194	4.0 stps outside Left 45 yd In	on Front hash (HS)
#13	16	210	4.0 stps outside Left 45 yd In	on Front hash (HS)
#14	24	234	2.5 stps inside Right 40 yd In	13.25 stps in frnt of Back hash (HS)
#15	12	246	2.5 stps inside Right 40 yd In	13.25 stps in frnt of Back hash (HS)
#16	12	258	1.0 stp outside Right 45 yd In	8.0 stps behind Front hash (HS)
#17	32	290	0.25 stps outside Right 45 yd In	5.75 stps behind Front hash (HS)
#18	8	298	0.25 stps outside Right 45 yd In	5.75 stps behind Front hash (HS)
#19	17	315	1.25 stps inside Right 45 yd In	6.75 stps in frnt of Front hash (HS)

Meg Miller**Drill: Destination Africa Mvt. 1**Performing as cast member: **Meg Miller** Label: 20 Symbol: F ID:15

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps Right of 50 yd In	4.0 stps in frnt of Back hash (HS)
#2	16	16	2.0 stps Right of 50 yd In	4.0 stps in frnt of Back hash (HS)
#3	16	32	2.0 stps Right of 50 yd In	4.0 stps in frnt of Back hash (HS)
#4	16	48	2.0 stps Right of 50 yd In	12.0 stps in frnt of Back hash (HS)
#5	18	66	2.0 stps Right of 50 yd In	12.0 stps behind Front hash (HS)
#6	16	82	2.75 stps outside Right 45 yd In	on Front hash (HS)
#7	16	98	0.25 stps outside Right 45 yd In	7.75 stps behind Front hash (HS)
#8	12	110	2.5 stps inside Right 45 yd In	2.75 stps behind Front hash (HS)
#9	12	122	1.75 stps outside Left 45 yd In	5.25 stps behind Front hash (HS)
#10	24	146	4.0 stps Left of 50 yd In	12.0 stps behind Front hash (HS)
#11	24	170	4.0 stps Left of 50 yd In	12.0 stps behind Front hash (HS)
#12	24	194	On Left 45 yd In	on Front hash (HS)
#13	16	210	On Left 45 yd In	on Front hash (HS)
#14	24	234	On Right 40 yd In	11.5 stps in frnt of Back hash (HS)
#15	12	246	On Right 40 yd In	11.5 stps in frnt of Back hash (HS)
#16	12	258	3.75 stps outside Right 45 yd In	8.0 stps behind Front hash (HS)
#17	32	290	2.5 stps outside Right 45 yd In	3.0 stps behind Front hash (HS)
#18	8	298	2.5 stps outside Right 45 yd In	3.0 stps behind Front hash (HS)
#19	17	315	0.5 stps outside Right 45 yd In	9.0 stps in frnt of Front hash (HS)

Morgan Markowicz

Drill: Destination Africa Mvt. 1

Performing as cast member: Morgan Markowicz Label: 21 Symbol: F ID:16

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps Left of 50 yd In	4.0 stps in frnt of Back hash (HS)
#2	16	16	2.0 stps Left of 50 yd In	4.0 stps in frnt of Back hash (HS)
#3	16	32	2.0 stps Left of 50 yd In	4.0 stps in frnt of Back hash (HS)
#4	16	48	2.0 stps Left of 50 yd In	12.0 stps in frnt of Back hash (HS)
#5	18	66	2.0 stps Left of 50 yd In	12.0 stps behind Front hash (HS)
#6	16	82	3.5 stps outside Left 45 yd In	0.25 stps in frnt of Front hash (HS)
#7	16	98	1.5 stps inside Left 45 yd In	12.75 stps in frnt of Back hash (HS)
#8	12	110	2.5 stps inside Right 45 yd In	13.25 stps behind Front hash (HS)
#9	12	122	0.25 stps inside Left 45 yd In	12.25 stps behind Front hash (HS)
#10	24	146	2.25 stps Left of 50 yd In	4.0 stps in frnt of Back hash (HS)
#11	24	170	2.25 stps Left of 50 yd In	4.0 stps in frnt of Back hash (HS)
#12	24	194	2.0 stps Right of 50 yd In	14.0 stps in frnt of Back hash (HS)
#13	16	210	2.0 stps Right of 50 yd In	14.0 stps in frnt of Back hash (HS)
#14	24	234	3.5 stps outside Right 30 yd In	12.5 stps behind Front hash (HS)
#15	12	246	3.5 stps outside Right 30 yd In	12.5 stps behind Front hash (HS)
#16	12	258	1.75 stps inside Right 30 yd In	8.0 stps behind Front hash (HS)
#17	32	290	1.75 stps inside Right 30 yd In	2.0 stps in frnt of Front hash (HS)
#18	8	298	1.75 stps inside Right 30 yd In	2.0 stps in frnt of Front hash (HS)
#19	17	315	On Right 35 yd In	13.0 stps in frnt of Front hash (HS)

Lucas Kantzler

Drill: Destination Africa Mvt. 1

Performing as cast member: Lucas Kantzler Label: 22 Symbol: F ID:17

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps inside Left 45 yd In	4.0 stps in frnt of Back hash (HS)
#2	16	16	2.0 stps inside Left 45 yd In	4.0 stps in frnt of Back hash (HS)
#3	16	32	2.0 stps inside Left 45 yd In	4.0 stps in frnt of Back hash (HS)
#4	16	48	2.0 stps inside Left 45 yd In	12.0 stps in frnt of Back hash (HS)
#5	18	66	2.0 stps inside Left 45 yd In	12.0 stps behind Front hash (HS)
#6	16	82	1.5 stps inside Left 40 yd In	2.75 stps in frnt of Front hash (HS)
#7	16	98	On Left 45 yd In	11.75 stps in frnt of Back hash (HS)
#8	12	110	2.75 stps Right of 50 yd In	13.25 stps in frnt of Back hash (HS)
#9	12	122	2.25 stps outside Left 45 yd In	11.0 stps behind Front hash (HS)
#10	24	146	0.75 stps inside Left 45 yd In	4.0 stps in frnt of Back hash (HS)
#11	24	170	0.75 stps inside Left 45 yd In	4.0 stps in frnt of Back hash (HS)
#12	24	194	1.0 stp Left of 50 yd In	11.25 stps behind Front hash (HS)
#13	16	210	1.0 stp Left of 50 yd In	11.25 stps behind Front hash (HS)
#14	24	234	1.0 stp outside Right 30 yd In	13.25 stps in frnt of Back hash (HS)
#15	12	246	1.0 stp outside Right 30 yd In	13.25 stps in frnt of Back hash (HS)
#16	12	258	3.5 stps outside Right 35 yd In	8.0 stps behind Front hash (HS)
#17	32	290	2.75 stps outside Right 35 yd In	3.75 stps in frnt of Front hash (HS)
#18	8	298	2.75 stps outside Right 35 yd In	3.75 stps in frnt of Front hash (HS)
#19	17	315	2.25 stps inside Right 35 yd In	13.25 stps behind Front side line

Colleen Burns

Drill: Destination Africa Mvt. 1

Performing as cast member: Colleen Burns Label: 23 Symbol: F ID:18

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps outside Left 45 yd In	4.0 stps in frnt of Back hash (HS)
#2	16	16	2.0 stps outside Left 45 yd In	4.0 stps in frnt of Back hash (HS)
#3	16	32	2.0 stps outside Left 45 yd In	4.0 stps in frnt of Back hash (HS)
#4	16	48	2.0 stps outside Left 45 yd In	12.0 stps in frnt of Back hash (HS)
#5	18	66	2.0 stps outside Left 45 yd In	12.0 stps behind Front hash (HS)
#6	16	82	1.0 stp outside Left 40 yd In	5.25 stps in frnt of Front hash (HS)
#7	16	98	2.0 stps outside Left 45 yd In	11.0 stps in frnt of Back hash (HS)
#8	12	110	On Right 50 yd In	12.0 stps in frnt of Back hash (HS)
#9	12	122	3.0 stps inside Left 40 yd In	10.0 stps behind Front hash (HS)
#10	24	146	4.0 stps outside Left 45 yd In	4.0 stps in frnt of Back hash (HS)
#11	24	170	4.0 stps outside Left 45 yd In	4.0 stps in frnt of Back hash (HS)
#12	24	194	4.0 stps Left of 50 yd In	8.5 stps behind Front hash (HS)
#13	16	210	4.0 stps Left of 50 yd In	8.5 stps behind Front hash (HS)
#14	24	234	1.5 stps inside Right 30 yd In	11.75 stps in frnt of Back hash (HS)
#15	12	246	1.5 stps inside Right 30 yd In	11.75 stps in frnt of Back hash (HS)
#16	12	258	0.75 stps outside Right 35 yd In	8.0 stps behind Front hash (HS)
#17	32	290	0.25 stps inside Right 35 yd In	5.75 stps in frnt of Front hash (HS)
#18	8	298	0.25 stps inside Right 35 yd In	5.75 stps in frnt of Front hash (HS)
#19	17	315	3.0 stps outside Right 40 yd In	11.75 stps behind Front side line

Nyssa Wagner

Drill: Destination Africa Mvt. 1

Performing as cast member: Nyssa Wagner Label: 24 Symbol: F ID:19

Set	Move	Count	Right-Left	Back-Front
#1	0	0	4.0 stps inside Right 40 yd In	on Back hash (HS)
#2	16	16	4.0 stps inside Right 40 yd In	on Back hash (HS)
#3	16	32	4.0 stps inside Right 40 yd In	on Back hash (HS)
#4	16	48	4.0 stps inside Right 40 yd In	8.0 stps in frnt of Back hash (HS)
#5	18	66	4.0 stps inside Right 40 yd In	12.0 stps in frnt of Back hash (HS)
#6	16	82	On Right 45 yd In	2.25 stps behind Front hash (HS)
#7	16	98	1.5 stps inside Right 45 yd In	8.75 stps behind Front hash (HS)
#8	12	110	On Right 45 yd In	4.0 stps behind Front hash (HS)
#9	12	122	0.75 stps inside Left 45 yd In	3.75 stps behind Front hash (HS)
#10	24	146	On 50 yd In	12.0 stps behind Front hash (HS)
#11	24	170	On 50 yd In	12.0 stps behind Front hash (HS)
#12	24	194	4.0 stps Left of 50 yd In	on Front hash (HS)
#13	16	210	4.0 stps Left of 50 yd In	on Front hash (HS)
#14	24	234	2.75 stps outside Right 40 yd In	10.25 stps in frnt of Back hash (HS)
#15	12	246	2.75 stps outside Right 40 yd In	10.25 stps in frnt of Back hash (HS)
#16	12	258	1.5 stps inside Right 40 yd In	8.0 stps behind Front hash (HS)
#17	32	290	2.75 stps inside Right 40 yd In	on Front hash (HS)
#18	8	298	2.75 stps inside Right 40 yd In	on Front hash (HS)
#19	17	315	2.5 stps outside Right 45 yd In	11.25 stps in frnt of Front hash (HS)

Brooklyn Hohman**Drill: Destination Africa Mvt. 1****Performing as cast member: Brooklyn Hohman Label: 25 Symbol: F ID:20**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Right 45 yd In	on Back hash (HS)
#2	16	16	On Right 45 yd In	on Back hash (HS)
#3	16	32	On Right 45 yd In	on Back hash (HS)
#4	16	48	On Right 45 yd In	8.0 stps in frnt of Back hash (HS)
#5	18	66	On Right 45 yd In	12.0 stps in frnt of Back hash (HS)
#6	16	82	2.75 stps inside Right 45 yd In	5.0 stps behind Front hash (HS)
#7	16	98	3.25 stps inside Right 45 yd In	9.5 stps behind Front hash (HS)
#8	12	110	2.5 stps outside Right 45 yd In	5.25 stps behind Front hash (HS)
#9	12	122	3.25 stps inside Left 45 yd In	2.5 stps behind Front hash (HS)
#10	24	146	4.0 stps inside Right 45 yd In	12.0 stps behind Front hash (HS)
#11	24	170	4.0 stps inside Right 45 yd In	12.0 stps behind Front hash (HS)
#12	24	194	On 50 yd In	on Front hash (HS)
#13	16	210	On 50 yd In	on Front hash (HS)
#14	24	234	2.0 stps inside Right 35 yd In	9.0 stps in frnt of Back hash (HS)
#15	12	246	2.0 stps inside Right 35 yd In	9.0 stps in frnt of Back hash (HS)
#16	12	258	1.0 stp outside Right 40 yd In	8.0 stps behind Front hash (HS)
#17	32	290	0.25 stps inside Right 40 yd In	2.5 stps in frnt of Front hash (HS)
#18	8	298	0.25 stps inside Right 40 yd In	2.5 stps in frnt of Front hash (HS)
#19	17	315	3.5 stps inside Right 40 yd In	13.5 stps in frnt of Front hash (HS)

Isabella Villamil**Drill: Destination Africa Mvt. 1****Performing as cast member: Isabella Villamil Label: 26 Symbol: F ID:21**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	4.0 stps inside Right 45 yd In	on Back hash (HS)
#2	16	16	4.0 stps inside Right 45 yd In	on Back hash (HS)
#3	16	32	4.0 stps inside Right 45 yd In	on Back hash (HS)
#4	16	48	4.0 stps inside Right 45 yd In	8.0 stps in frnt of Back hash (HS)
#5	18	66	4.0 stps inside Right 45 yd In	12.0 stps in frnt of Back hash (HS)
#6	16	82	2.25 stps Right of 50 yd In	7.5 stps behind Front hash (HS)
#7	16	98	2.75 stps Right of 50 yd In	10.5 stps behind Front hash (HS)
#8	12	110	2.5 stps inside Right 40 yd In	6.5 stps behind Front hash (HS)
#9	12	122	1.75 stps Left of 50 yd In	1.0 stps behind Front hash (HS)
#10	24	146	On Right 45 yd In	12.0 stps behind Front hash (HS)
#11	24	170	On Right 45 yd In	12.0 stps behind Front hash (HS)
#12	24	194	4.0 stps inside Right 45 yd In	on Front hash (HS)
#13	16	210	4.0 stps inside Right 45 yd In	on Front hash (HS)
#14	24	234	0.75 stps outside Right 35 yd In	9.25 stps in frnt of Back hash (HS)
#15	12	246	0.75 stps outside Right 35 yd In	9.25 stps in frnt of Back hash (HS)
#16	12	258	3.5 stps outside Right 40 yd In	8.0 stps behind Front hash (HS)
#17	32	290	1.75 stps outside Right 40 yd In	5.5 stps in frnt of Front hash (HS)
#18	8	298	1.75 stps outside Right 40 yd In	5.5 stps in frnt of Front hash (HS)
#19	17	315	1.5 stps inside Right 40 yd In	12.0 stps behind Front side line

Annabel Viravec**Drill: Destination Africa Mvt. 1****Performing as cast member: Annabel Viravec Label: 27 Symbol: F ID:22**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On 50 yd In	on Back hash (HS)
#2	16	16	On 50 yd In	on Back hash (HS)
#3	16	32	On 50 yd In	on Back hash (HS)
#4	16	48	On 50 yd In	8.0 stps in frnt of Back hash (HS)
#5	18	66	On 50 yd In	12.0 stps in frnt of Back hash (HS)
#6	16	82	0.25 stps Left of 50 yd In	9.75 stps behind Front hash (HS)
#7	16	98	1.0 stp Right of 50 yd In	11.5 stps behind Front hash (HS)
#8	12	110	On Right 40 yd In	8.0 stps behind Front hash (HS)
#9	12	122	0.5 stps Right of 50 yd In	0.25 stps behind Front hash (HS)
#10	24	146	4.0 stps inside Right 40 yd In	12.0 stps behind Front hash (HS)
#11	24	170	4.0 stps inside Right 40 yd In	12.0 stps behind Front hash (HS)
#12	24	194	On Right 45 yd In	on Front hash (HS)
#13	16	210	On Right 45 yd In	on Front hash (HS)
#14	24	234	3.5 stps outside Right 35 yd In	10.25 stps in frnt of Back hash (HS)
#15	12	246	3.5 stps outside Right 35 yd In	10.25 stps in frnt of Back hash (HS)
#16	12	258	1.5 stps inside Right 35 yd In	8.0 stps behind Front hash (HS)
#17	32	290	3.25 stps inside Right 35 yd In	7.5 stps in frnt of Front hash (HS)
#18	8	298	3.25 stps inside Right 35 yd In	7.5 stps in frnt of Front hash (HS)
#19	17	315	0.25 stps outside Right 40 yd In	10.25 stps behind Front side line

Angel Foney**Drill: Destination Africa Mvt. 1****Performing as cast member: Angel Foney Label: 28 Symbol: F ID:23**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	4.0 stps Left of 50 yd In	on Back hash (HS)
#2	16	16	4.0 stps Left of 50 yd In	on Back hash (HS)
#3	16	32	4.0 stps Left of 50 yd In	on Back hash (HS)
#4	16	48	4.0 stps Left of 50 yd In	8.0 stps in frnt of Back hash (HS)
#5	18	66	4.0 stps Left of 50 yd In	12.0 stps in frnt of Back hash (HS)
#6	16	82	3.0 stps Left of 50 yd In	7.0 stps behind Front hash (HS)
#7	16	98	0.75 stps Left of 50 yd In	12.25 stps behind Front hash (HS)
#8	12	110	2.5 stps inside Right 40 yd In	9.25 stps behind Front hash (HS)
#9	12	122	0.25 stps Right of 50 yd In	12.0 stps in frnt of Back hash (HS)
#10	24	146	4.0 stps inside Right 40 yd In	4.0 stps in frnt of Back hash (HS)
#11	24	170	4.0 stps inside Right 40 yd In	4.0 stps in frnt of Back hash (HS)
#12	24	194	3.0 stps outside Right 45 yd In	6.0 stps in frnt of Back hash (HS)
#13	16	210	3.0 stps outside Right 45 yd In	6.0 stps in frnt of Back hash (HS)
#14	24	234	2.25 stps outside Right 25 yd In	6.25 stps behind Front hash (HS)
#15	12	246	2.25 stps outside Right 25 yd In	6.25 stps behind Front hash (HS)
#16	12	258	2.0 stps inside Right 25 yd In	8.0 stps behind Front hash (HS)
#17	32	290	On Right 25 yd In	3.5 stps behind Front hash (HS)
#18	8	298	On Right 25 yd In	3.5 stps behind Front hash (HS)
#19	17	315	On Right 30 yd In	8.5 stps in frnt of Front hash (HS)

Brooke Scanlon

Drill: Destination Africa Mvt. 1

Performing as cast member: Brooke Scanlon Label: 29 Symbol: F ID:24

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Left 45 yd In	on Back hash (HS)
#2	16	16	On Left 45 yd In	on Back hash (HS)
#3	16	32	On Left 45 yd In	on Back hash (HS)
#4	16	48	On Left 45 yd In	8.0 stps in frnt of Back hash (HS)
#5	18	66	On Left 45 yd In	12.0 stps in frnt of Back hash (HS)
#6	16	82	2.0 stps inside Left 45 yd In	4.5 stps behind Front hash (HS)
#7	16	98	2.5 stps Left of 50 yd In	13.25 stps behind Front hash (HS)
#8	12	110	2.5 stps outside Right 45 yd In	10.5 stps behind Front hash (HS)
#9	12	122	2.0 stps Left of 50 yd In	13.0 stps in frnt of Back hash (HS)
#10	24	146	0.75 stps inside Right 45 yd In	4.0 stps in frnt of Back hash (HS)
#11	24	170	0.75 stps inside Right 45 yd In	4.0 stps in frnt of Back hash (HS)
#12	24	194	On Right 45 yd In	8.5 stps in frnt of Back hash (HS)
#13	16	210	On Right 45 yd In	8.5 stps in frnt of Back hash (HS)
#14	24	234	On Right 25 yd In	8.5 stps behind Front hash (HS)
#15	12	246	On Right 25 yd In	8.5 stps behind Front hash (HS)
#16	12	258	3.25 stps outside Right 30 yd In	8.0 stps behind Front hash (HS)
#17	32	290	3.25 stps inside Right 25 yd In	1.75 stps behind Front hash (HS)
#18	8	298	3.25 stps inside Right 25 yd In	1.75 stps behind Front hash (HS)
#19	17	315	2.5 stps inside Right 30 yd In	10.0 stps in frnt of Front hash (HS)

MaddyDeanne

Drill: Destination Africa Mvt. 1

Performing as cast member: MaddyDeanne Label: 30 Symbol: F ID:25

Set	Move	Count	Right-Left	Back-Front
#1	0	0	4.0 stps outside Left 45 yd In	on Back hash (HS)
#2	16	16	4.0 stps outside Left 45 yd In	on Back hash (HS)
#3	16	32	4.0 stps outside Left 45 yd In	on Back hash (HS)
#4	16	48	4.0 stps outside Left 45 yd In	8.0 stps in frnt of Back hash (HS)
#5	18	66	4.0 stps outside Left 45 yd In	12.0 stps in frnt of Back hash (HS)
#6	16	82	0.5 stps outside Left 45 yd In	2.0 stps behind Front hash (HS)
#7	16	98	3.5 stps inside Left 45 yd In	13.75 stps in frnt of Back hash (HS)
#8	12	110	On Right 45 yd In	11.75 stps behind Front hash (HS)
#9	12	122	3.0 stps inside Left 45 yd In	13.5 stps behind Front hash (HS)
#10	24	146	2.25 stps Right of 50 yd In	4.0 stps in frnt of Back hash (HS)
#11	24	170	2.25 stps Right of 50 yd In	4.0 stps in frnt of Back hash (HS)
#12	24	194	3.0 stps inside Right 45 yd In	11.25 stps in frnt of Back hash (HS)
#13	16	210	3.0 stps inside Right 45 yd In	11.25 stps in frnt of Back hash (HS)
#14	24	234	2.0 stps inside Right 25 yd In	10.5 stps behind Front hash (HS)
#15	12	246	2.0 stps inside Right 25 yd In	10.5 stps behind Front hash (HS)
#16	12	258	0.75 stps outside Right 30 yd In	8.0 stps behind Front hash (HS)
#17	32	290	1.25 stps outside Right 30 yd In	on Front hash (HS)
#18	8	298	1.25 stps outside Right 30 yd In	on Front hash (HS)
#19	17	315	2.75 stps outside Right 35 yd In	11.5 stps in frnt of Front hash (HS)

Kris Symanski

Drill: Destination Africa Mvt. 1

Performing as cast member: Kris Symanski Label: 31 Symbol: S ID:31

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Right 35 yd In	11.5 stps in frnt of Back hash (HS)
#2	16	16	On Right 35 yd In	11.5 stps in frnt of Back hash (HS)
#3	16	32	On Right 35 yd In	11.5 stps in frnt of Back hash (HS)
#4	16	48	4.0 stps inside Right 40 yd In	12.0 stps in frnt of Back hash (HS)
#5	18	66	4.0 stps inside Right 40 yd In	12.0 stps behind Front hash (HS)
#6	16	82	1.5 stps Right of 50 yd In	8.0 stps in frnt of Front hash (HS)
#7	16	98	On Right 45 yd In	11.75 stps behind Front side line
#8	12	110	On Right 35 yd In	14.0 stps behind Front side line
#9	12	122	2.0 stps outside Right 40 yd In	3.0 stps in frnt of Front hash (HS)
#10	24	146	3.75 stps outside Right 40 yd In	11.75 stps in frnt of Front hash (HS)
#11	24	170	On Right 30 yd In	8.0 stps in frnt of Front hash (HS)
#12	24	194	0.25 stps inside Right 25 yd In	7.75 stps behind Front side line
#13	16	210	0.25 stps inside Right 25 yd In	7.75 stps behind Front side line
#14	24	234	On Right 25 yd In	9.75 stps in frnt of Front hash (HS)
#15	12	246	On Right 25 yd In	9.75 stps in frnt of Front hash (HS)
#16	12	258	2.0 stps inside Right 25 yd In	on Front hash (HS)
#17	32	290	On Right 30 yd In	7.75 stps behind Front side line
#18	8	298	On Right 30 yd In	7.75 stps behind Front side line
#19	17	315	2.75 stps outside Right 35 yd In	on Front side line

Ian Moran

Drill: Destination Africa Mvt. 1

Performing as cast member: Ian Moran Label: 32 Symbol: S ID:32

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.0 stps outside Right 35 yd In	13.75 stps behind Front hash (HS)
#2	16	16	3.0 stps outside Right 35 yd In	13.75 stps behind Front hash (HS)
#3	16	32	3.0 stps outside Right 35 yd In	13.75 stps behind Front hash (HS)
#4	16	48	3.0 stps inside Right 40 yd In	13.0 stps behind Front hash (HS)
#5	18	66	3.0 stps inside Right 40 yd In	9.0 stps behind Front hash (HS)
#6	16	82	3.25 stps inside Right 45 yd In	8.0 stps in frnt of Front hash (HS)
#7	16	98	On Right 45 yd In	13.5 stps in frnt of Front hash (HS)
#8	12	110	3.0 stps inside Right 35 yd In	13.75 stps in frnt of Front hash (HS)
#9	12	122	3.5 stps outside Right 40 yd In	5.75 stps in frnt of Front hash (HS)
#10	24	146	0.5 stps outside Right 40 yd In	13.0 stps in frnt of Front hash (HS)
#11	24	170	3.25 stps inside Right 30 yd In	6.0 stps in frnt of Front hash (HS)
#12	24	194	2.0 stps inside Right 25 yd In	10.75 stps behind Front side line
#13	16	210	2.0 stps inside Right 25 yd In	10.75 stps behind Front side line
#14	24	234	2.5 stps inside Right 25 yd In	8.0 stps in frnt of Front hash (HS)
#15	12	246	2.5 stps inside Right 25 yd In	8.0 stps in frnt of Front hash (HS)
#16	12	258	3.5 stps outside Right 30 yd In	on Front hash (HS)
#17	32	290	2.0 stps inside Right 30 yd In	9.0 stps behind Front side line
#18	8	298	2.0 stps inside Right 30 yd In	9.0 stps behind Front side line
#19	17	315	1.0 stp outside Right 35 yd In	0.75 stps behind Front side line

Paul Deanne

Drill: Destination Africa Mvt. 1

Performing as cast member: Paul Deanne Label: 33 Symbol: S ID:33

Table with columns: Set Move Count, Right-Left, Back-Front. Rows 1-19 detailing drill movements and distances.

Logan Dunlap

Drill: Destination Africa Mvt. 1

Performing as cast member: Logan Dunlap Label: 34 Symbol: B ID:34

Table with columns: Set Move Count, Right-Left, Back-Front. Rows 1-19 detailing drill movements and distances.

Brandon Belle

Drill: Destination Africa Mvt. 1

Performing as cast member: Brandon Belle Label: 35 Symbol: B ID:35

Table with columns: Set Move Count, Right-Left, Back-Front. Rows 1-19 detailing drill movements and distances.

Chris Thomas

Drill: Destination Africa Mvt. 1

Performing as cast member: Chris Thomas Label: 36 Symbol: B ID:36

Table with columns: Set Move Count, Right-Left, Back-Front. Rows 1-19 detailing drill movements and distances.

Bryan Witte**Drill: Destination Africa Mvt. 1**

Performing as cast member: Bryan Witte Label: 37 Symbol: R ID:37

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.0 stp outside Right 30 yd In	8.5 stps behind Front hash (HS)
#2	16	16	1.0 stp outside Right 30 yd In	8.5 stps behind Front hash (HS)
#3	16	32	1.0 stp outside Right 30 yd In	8.5 stps behind Front hash (HS)
#4	16	48	4.0 stps inside Right 30 yd In	4.0 stps behind Front hash (HS)
#5	18	66	4.0 stps inside Right 30 yd In	on Front hash (HS)
#6	16	82	2.25 stps inside Right 35 yd In	8.0 stps in frnt of Front hash (HS)
#7	16	98	1.0 stp inside Right 40 yd In	4.0 stps in frnt of Front hash (HS)
#8	12	110	2.25 stps outside Right 45 yd In	9.0 stps in frnt of Front hash (HS)
#9	12	122	1.0 stp inside Right 40 yd In	13.5 stps in frnt of Front hash (HS)
#10	24	146	2.25 stps Left of 50 yd In	6.5 stps behind Front side line
#11	24	170	2.0 stps inside Right 40 yd In	5.25 stps behind Front side line
#12	24	194	3.5 stps outside Right 35 yd In	0.5 stps in frnt of Front hash (HS)
#13	16	210	3.5 stps outside Right 35 yd In	0.5 stps in frnt of Front hash (HS)
#14	24	234	On Right 35 yd In	2.75 stps behind Front hash (HS)
#15	12	246	On Right 35 yd In	2.75 stps behind Front hash (HS)
#16	12	258	3.0 stps inside Right 35 yd In	on Front hash (HS)
#17	32	290	1.5 stps outside Right 40 yd In	11.0 stps in frnt of Front hash (HS)
#18	8	298	1.5 stps outside Right 40 yd In	11.0 stps in frnt of Front hash (HS)
#19	17	315	1.0 stp inside Right 40 yd In	7.25 stps behind Front side line

Luke Hanlon**Drill: Destination Africa Mvt. 1**

Performing as cast member: Luke Hanlon Label: 38 Symbol: R ID:38

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.0 stps outside Right 35 yd In	8.5 stps behind Front hash (HS)
#2	16	16	3.0 stps outside Right 35 yd In	8.5 stps behind Front hash (HS)
#3	16	32	3.0 stps outside Right 35 yd In	8.5 stps behind Front hash (HS)
#4	16	48	1.0 stp outside Right 35 yd In	1.5 stps behind Front hash (HS)
#5	18	66	1.0 stp outside Right 35 yd In	2.5 stps in frnt of Front hash (HS)
#6	16	82	On Right 35 yd In	8.25 stps in frnt of Front hash (HS)
#7	16	98	1.25 stps outside Right 40 yd In	4.0 stps in frnt of Front hash (HS)
#8	12	110	3.75 stps outside Right 45 yd In	6.25 stps in frnt of Front hash (HS)
#9	12	122	3.5 stps outside Right 45 yd In	13.5 stps in frnt of Front hash (HS)
#10	24	146	2.25 stps inside Left 45 yd In	5.0 stps behind Front side line
#11	24	170	1.75 stps outside Right 45 yd In	4.25 stps behind Front side line
#12	24	194	1.75 stps outside Right 35 yd In	3.5 stps in frnt of Front hash (HS)
#13	16	210	1.75 stps outside Right 35 yd In	3.5 stps in frnt of Front hash (HS)
#14	24	234	2.75 stps inside Right 35 yd In	3.75 stps behind Front hash (HS)
#15	12	246	2.75 stps inside Right 35 yd In	3.75 stps behind Front hash (HS)
#16	12	258	2.25 stps outside Right 40 yd In	on Front hash (HS)
#17	32	290	0.5 stps inside Right 40 yd In	9.75 stps in frnt of Front hash (HS)
#18	8	298	0.5 stps inside Right 40 yd In	9.75 stps in frnt of Front hash (HS)
#19	17	315	2.75 stps inside Right 40 yd In	8.5 stps behind Front side line

Isaiah Jones**Drill: Destination Africa Mvt. 1**

Performing as cast member: Isaiah Jones Label: 39 Symbol: R ID:39

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.0 stps inside Right 35 yd In	8.5 stps behind Front hash (HS)
#2	16	16	3.0 stps inside Right 35 yd In	8.5 stps behind Front hash (HS)
#3	16	32	3.0 stps inside Right 35 yd In	8.5 stps behind Front hash (HS)
#4	16	48	2.0 stps inside Right 35 yd In	1.0 stps in frnt of Front hash (HS)
#5	18	66	2.0 stps inside Right 35 yd In	5.0 stps in frnt of Front hash (HS)
#6	16	82	1.5 stps inside Right 35 yd In	10.5 stps in frnt of Front hash (HS)
#7	16	98	3.75 stps inside Right 35 yd In	4.0 stps in frnt of Front hash (HS)
#8	12	110	2.25 stps inside Right 40 yd In	3.75 stps in frnt of Front hash (HS)
#9	12	122	0.5 stps outside Right 45 yd In	13.25 stps in frnt of Front hash (HS)
#10	24	146	On Left 45 yd In	4.5 stps behind Front side line
#11	24	170	2.0 stps inside Right 45 yd In	4.5 stps behind Front side line
#12	24	194	On Right 35 yd In	6.25 stps in frnt of Front hash (HS)
#13	16	210	On Right 35 yd In	6.25 stps in frnt of Front hash (HS)
#14	24	234	2.25 stps outside Right 40 yd In	3.25 stps behind Front hash (HS)
#15	12	246	2.25 stps outside Right 40 yd In	3.25 stps behind Front hash (HS)
#16	12	258	On Right 40 yd In	on Front hash (HS)
#17	32	290	2.5 stps inside Right 40 yd In	8.25 stps in frnt of Front hash (HS)
#18	8	298	2.5 stps inside Right 40 yd In	8.25 stps in frnt of Front hash (HS)
#19	17	315	3.25 stps outside Right 45 yd In	9.5 stps behind Front side line

Liam Kantzler**Drill: Destination Africa Mvt. 1**

Performing as cast member: Liam Kantzler Label: 40 Symbol: R ID:40

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps outside Right 40 yd In	5.75 stps behind Front hash (HS)
#2	16	16	2.0 stps outside Right 40 yd In	5.75 stps behind Front hash (HS)
#3	16	32	2.0 stps outside Right 40 yd In	5.75 stps behind Front hash (HS)
#4	16	48	3.0 stps inside Right 40 yd In	8.5 stps in frnt of Front hash (HS)
#5	18	66	3.0 stps inside Right 40 yd In	12.5 stps in frnt of Front hash (HS)
#6	16	82	1.0 stp outside Right 40 yd In	10.25 stps behind Front side line
#7	16	98	On Right 35 yd In	8.25 stps in frnt of Front hash (HS)
#8	12	110	2.0 stps outside Right 40 yd In	3.0 stps in frnt of Front hash (HS)
#9	12	122	3.75 stps outside Right 45 yd In	6.25 stps in frnt of Front hash (HS)
#10	24	146	3.75 stps inside Left 45 yd In	13.75 stps in frnt of Front hash (HS)
#11	24	170	1.0 stp Left of 50 yd In	13.75 stps behind Front side line
#12	24	194	2.75 stps outside Right 40 yd In	12.75 stps behind Front side line
#13	16	210	2.75 stps outside Right 40 yd In	12.75 stps behind Front side line
#14	24	234	2.75 stps outside Right 45 yd In	0.75 stps in frnt of Front hash (HS)
#15	12	246	2.75 stps outside Right 45 yd In	0.75 stps in frnt of Front hash (HS)
#16	12	258	0.5 stps outside Right 45 yd In	on Front hash (HS)
#17	32	290	0.75 stps inside Right 45 yd In	4.5 stps in frnt of Front hash (HS)
#18	8	298	0.75 stps inside Right 45 yd In	4.5 stps in frnt of Front hash (HS)
#19	17	315	1.75 stps inside Right 45 yd In	12.75 stps behind Front side line

Regina Gonzalez

Drill: Destination Africa Mvt. 1

Performing as cast member: Regina Gonzalez Label: 41 Symbol: T ID:41

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Right 35 yd In	0.5 stps behind Front hash (HS)
#2	16	16	On Right 35 yd In	0.5 stps behind Front hash (HS)
#3	16	32	On Right 35 yd In	0.5 stps behind Front hash (HS)
#4	16	48	4.0 stps inside Right 45 yd In	12.0 stps behind Front side line
#5	18	66	4.0 stps inside Right 45 yd In	8.0 stps behind Front side line
#6	16	82	3.75 stps outside Right 45 yd In	3.5 stps behind Front side line
#7	16	98	On Right 35 yd In	11.5 stps behind Front side line
#8	12	110	1.25 stps inside Right 35 yd In	11.25 stps in frnt of Front hash (HS)
#9	12	122	0.75 stps outside Right 40 yd In	0.25 stps in frnt of Front hash (HS)
#10	24	146	On Left 50 yd In	4.0 stps in frnt of Front hash (HS)
#11	24	170	On Left 50 yd In	2.25 stps in frnt of Front hash (HS)
#12	24	194	3.5 stps outside Right 45 yd In	7.75 stps behind Front side line
#13	16	210	3.5 stps outside Right 45 yd In	7.75 stps behind Front side line
#14	24	234	3.0 stps Right of 50 yd In	5.0 stps in frnt of Front hash (HS)
#15	12	246	3.0 stps Right of 50 yd In	5.0 stps in frnt of Front hash (HS)
#16	12	258	1.0 stp Right of 50 yd In	on Front hash (HS)
#17	32	290	0.75 stps Right of 50 yd In	0.5 stps in frnt of Front hash (HS)
#18	8	298	0.75 stps Right of 50 yd In	0.5 stps in frnt of Front hash (HS)
#19	17	315	0.75 stps Right of 50 yd In	11.75 stps in frnt of Front hash (HS)

CJ Kompare

Drill: Destination Africa Mvt. 1

Performing as cast member: CJ Kompare Label: 42 Symbol: T ID:42

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.0 stps outside Right 35 yd In	3.0 stps behind Front hash (HS)
#2	16	16	3.0 stps outside Right 35 yd In	3.0 stps behind Front hash (HS)
#3	16	32	3.0 stps outside Right 35 yd In	3.0 stps behind Front hash (HS)
#4	16	48	2.0 stps outside Right 45 yd In	11.0 stps in frnt of Front hash (HS)
#5	18	66	2.0 stps outside Right 45 yd In	13.0 stps behind Front side line
#6	16	82	0.5 stps inside Right 40 yd In	8.0 stps behind Front side line
#7	16	98	On Right 35 yd In	10.75 stps in frnt of Front hash (HS)
#8	12	110	3.5 stps outside Right 40 yd In	5.75 stps in frnt of Front hash (HS)
#9	12	122	2.25 stps inside Right 40 yd In	3.75 stps in frnt of Front hash (HS)
#10	24	146	2.5 stps Left of 50 yd In	10.5 stps in frnt of Front hash (HS)
#11	24	170	1.75 stps Left of 50 yd In	10.0 stps in frnt of Front hash (HS)
#12	24	194	1.0 stp outside Right 40 yd In	10.0 stps behind Front side line
#13	16	210	1.0 stp outside Right 40 yd In	10.0 stps behind Front side line
#14	24	234	0.25 stps outside Right 45 yd In	2.25 stps in frnt of Front hash (HS)
#15	12	246	0.25 stps outside Right 45 yd In	2.25 stps in frnt of Front hash (HS)
#16	12	258	1.75 stps inside Right 45 yd In	on Front hash (HS)
#17	32	290	2.75 stps inside Right 45 yd In	3.0 stps in frnt of Front hash (HS)
#18	8	298	2.75 stps inside Right 45 yd In	3.0 stps in frnt of Front hash (HS)
#19	17	315	3.5 stps inside Right 45 yd In	13.75 stps in frnt of Front hash (HS)

Matt Miglieri

Drill: Destination Africa Mvt. 1

Performing as cast member: Matt Miglieri Label: 43 Symbol: T ID:43

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.0 stps inside Right 35 yd In	3.0 stps behind Front hash (HS)
#2	16	16	3.0 stps inside Right 35 yd In	3.0 stps behind Front hash (HS)
#3	16	32	3.0 stps inside Right 35 yd In	3.0 stps behind Front hash (HS)
#4	16	48	1.0 stp inside Right 45 yd In	13.5 stps in frnt of Front hash (HS)
#5	18	66	1.0 stp inside Right 45 yd In	10.5 stps behind Front side line
#6	16	82	2.25 stps inside Right 40 yd In	5.75 stps behind Front side line
#7	16	98	On Right 35 yd In	13.5 stps in frnt of Front hash (HS)
#8	12	110	2.75 stps inside Right 35 yd In	8.5 stps in frnt of Front hash (HS)
#9	12	122	0.75 stps inside Right 40 yd In	1.0 stps in frnt of Front hash (HS)
#10	24	146	1.25 stps Left of 50 yd In	7.25 stps in frnt of Front hash (HS)
#11	24	170	1.0 stp Left of 50 yd In	6.0 stps in frnt of Front hash (HS)
#12	24	194	1.0 stp inside Right 40 yd In	7.75 stps behind Front side line
#13	16	210	1.0 stp inside Right 40 yd In	7.75 stps behind Front side line
#14	24	234	2.0 stps inside Right 45 yd In	3.75 stps in frnt of Front hash (HS)
#15	12	246	2.0 stps inside Right 45 yd In	3.75 stps in frnt of Front hash (HS)
#16	12	258	3.5 stps Right of 50 yd In	on Front hash (HS)
#17	32	290	3.0 stps Right of 50 yd In	1.75 stps in frnt of Front hash (HS)
#18	8	298	3.0 stps Right of 50 yd In	1.75 stps in frnt of Front hash (HS)
#19	17	315	2.5 stps Right of 50 yd In	12.75 stps in frnt of Front hash (HS)

Joe Sullivan

Drill: Destination Africa Mvt. 1

Performing as cast member: Joe Sullivan Label: 44 Symbol: R ID:44

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps inside Right 30 yd In	5.75 stps behind Front hash (HS)
#2	16	16	2.0 stps inside Right 30 yd In	5.75 stps behind Front hash (HS)
#3	16	32	2.0 stps inside Right 30 yd In	5.75 stps behind Front hash (HS)
#4	16	48	3.0 stps outside Right 40 yd In	3.5 stps in frnt of Front hash (HS)
#5	18	66	3.0 stps outside Right 40 yd In	7.5 stps in frnt of Front hash (HS)
#6	16	82	3.25 stps inside Right 35 yd In	12.75 stps in frnt of Front hash (HS)
#7	16	98	1.0 stp inside Right 35 yd In	3.75 stps in frnt of Front hash (HS)
#8	12	110	0.75 stps inside Right 40 yd In	1.0 stps in frnt of Front hash (HS)
#9	12	122	0.5 stps outside Right 45 yd In	11.5 stps in frnt of Front hash (HS)
#10	24	146	1.25 stps inside Left 45 yd In	7.75 stps behind Front side line
#11	24	170	2.5 stps Right of 50 yd In	6.75 stps behind Front side line
#12	24	194	1.5 stps inside Right 35 yd In	9.25 stps in frnt of Front hash (HS)
#13	16	210	1.5 stps inside Right 35 yd In	9.25 stps in frnt of Front hash (HS)
#14	24	234	0.25 stps inside Right 40 yd In	2.5 stps behind Front hash (HS)
#15	12	246	0.25 stps inside Right 40 yd In	2.5 stps behind Front hash (HS)
#16	12	258	2.5 stps inside Right 40 yd In	on Front hash (HS)
#17	32	290	3.25 stps outside Right 45 yd In	7.0 stps in frnt of Front hash (HS)
#18	8	298	3.25 stps outside Right 45 yd In	7.0 stps in frnt of Front hash (HS)
#19	17	315	1.5 stps outside Right 45 yd In	10.75 stps behind Front side line

Lena Smith

Drill: Destination Africa Mvt. 1

Performing as cast member: Lena Smith Label: 45 Symbol: R ID:45

Table with columns: Set Move Count, Right-Left, Back-Front. Rows 1-19 detailing drill movements.

Jasmine Robbins

Drill: Destination Africa Mvt. 1

Performing as cast member: Jasmine Robbins Label: 47 Symbol: T ID:46

Table with columns: Set Move Count, Right-Left, Back-Front. Rows 1-19 detailing drill movements.

Cameron Dunlap

Drill: Destination Africa Mvt. 1

Performing as cast member: Cameron Dunlap Label: 48 Symbol: T ID:47

Table with columns: Set Move Count, Right-Left, Back-Front. Rows 1-19 detailing drill movements.

Stella Tarlin

Drill: Destination Africa Mvt. 1

Performing as cast member: Stella Tarlin Label: 49 Symbol: T ID:48

Table with columns: Set Move Count, Right-Left, Back-Front. Rows 1-19 detailing drill movements.

Ryan Rahn

Drill: Destination Africa Mvt. 1

Performing as cast member: Ryan Rahn Label: 50 Symbol: T ID:49

Table with 3 columns: Set Move Count, Right-Left, Back-Front. Rows #1-19 detailing drill movements.

Benas Alcauskas

Drill: Destination Africa Mvt. 1

Performing as cast member: Benas Alcauskas Label: 51 Symbol: T ID:50

Table with 3 columns: Set Move Count, Right-Left, Back-Front. Rows #1-19 detailing drill movements.

Myles Hines

Drill: Destination Africa Mvt. 1

Performing as cast member: Myles Hines Label: 52 Symbol: T ID:51

Table with 3 columns: Set Move Count, Right-Left, Back-Front. Rows #1-19 detailing drill movements.

Colin McCarthy

Drill: Destination Africa Mvt. 1

Performing as cast member: Colin McCarthy Label: 53 Symbol: T ID:52

Table with 3 columns: Set Move Count, Right-Left, Back-Front. Rows #1-19 detailing drill movements.

Colleen Knight**Drill: Destination Africa Mvt. 1**

Performing as cast member: Colleen Knight Label: 54 Symbol: M ID:53

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.0 stps inside Left 35 yd In	8.0 stps behind Front hash (HS)
#2	16	16	3.0 stps inside Left 35 yd In	8.0 stps behind Front hash (HS)
#3	16	32	3.0 stps inside Left 35 yd In	8.0 stps behind Front hash (HS)
#4	16	48	1.0 stp outside Left 35 yd In	1.5 stps behind Front hash (HS)
#5	18	66	1.0 stp outside Left 35 yd In	2.5 stps in frnt of Front hash (HS)
#6	16	82	On Left 35 yd In	8.0 stps in frnt of Front hash (HS)
#7	16	98	On Left 35 yd In	12.75 stps behind Front side line
#8	12	110	2.0 stps outside Left 35 yd In	9.5 stps behind Front side line
#9	12	122	2.75 stps inside Left 30 yd In	10.75 stps in frnt of Front hash (HS)
#10	24	146	2.5 stps outside Left 35 yd In	1.0 stps in frnt of Front hash (HS)
#11	24	170	2.5 stps outside Left 35 yd In	1.0 stps in frnt of Front hash (HS)
#12	24	194	2.0 stps inside Left 40 yd In	11.0 stps in frnt of Front hash (HS)
#13	16	210	2.0 stps inside Left 40 yd In	11.0 stps in frnt of Front hash (HS)
#14	24	234	2.25 stps inside Left 35 yd In	10.0 stps in frnt of Front hash (HS)
#15	12	246	2.25 stps inside Left 35 yd In	10.0 stps in frnt of Front hash (HS)
#16	12	258	3.0 stps inside Left 35 yd In	on Front hash (HS)
#17	32	290	1.5 stps outside Left 40 yd In	11.0 stps in frnt of Front hash (HS)
#18	8	298	1.5 stps outside Left 40 yd In	11.0 stps in frnt of Front hash (HS)
#19	17	315	1.0 stp inside Left 40 yd In	7.25 stps behind Front side line

Daniela Salazar**Drill: Destination Africa Mvt. 1**

Performing as cast member: Daniela Salazar Label: 55 Symbol: M ID:54

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.0 stps outside Left 35 yd In	8.0 stps behind Front hash (HS)
#2	16	16	3.0 stps outside Left 35 yd In	8.0 stps behind Front hash (HS)
#3	16	32	3.0 stps outside Left 35 yd In	8.0 stps behind Front hash (HS)
#4	16	48	4.0 stps outside Left 35 yd In	4.0 stps behind Front hash (HS)
#5	18	66	4.0 stps outside Left 35 yd In	on Front hash (HS)
#6	16	82	2.75 stps inside Left 35 yd In	8.0 stps in frnt of Front hash (HS)
#7	16	98	On Left 35 yd In	12.75 stps in frnt of Front hash (HS)
#8	12	110	3.75 stps inside Left 30 yd In	11.0 stps behind Front side line
#9	12	122	3.5 stps inside Left 30 yd In	8.25 stps in frnt of Front hash (HS)
#10	24	146	On Left 35 yd In	on Front hash (HS)
#11	24	170	On Left 35 yd In	on Front hash (HS)
#12	24	194	3.75 stps inside Left 40 yd In	13.75 stps behind Front side line
#13	16	210	3.75 stps inside Left 40 yd In	13.75 stps behind Front side line
#14	24	234	2.75 stps outside Left 40 yd In	11.0 stps in frnt of Front hash (HS)
#15	12	246	2.75 stps outside Left 40 yd In	11.0 stps in frnt of Front hash (HS)
#16	12	258	2.25 stps outside Left 40 yd In	on Front hash (HS)
#17	32	290	0.25 stps inside Left 40 yd In	9.75 stps in frnt of Front hash (HS)
#18	8	298	0.25 stps inside Left 40 yd In	9.75 stps in frnt of Front hash (HS)
#19	17	315	2.75 stps inside Left 40 yd In	8.5 stps behind Front side line

Sarah Hughes**Drill: Destination Africa Mvt. 1**

Performing as cast member: Sarah Hughes Label: 56 Symbol: A ID:55

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps inside Left 30 yd In	5.25 stps behind Front hash (HS)
#2	16	16	2.0 stps inside Left 30 yd In	5.25 stps behind Front hash (HS)
#3	16	32	2.0 stps inside Left 30 yd In	5.25 stps behind Front hash (HS)
#4	16	48	3.0 stps outside Left 40 yd In	3.5 stps in frnt of Front hash (HS)
#5	18	66	3.0 stps outside Left 40 yd In	7.5 stps in frnt of Front hash (HS)
#6	16	82	3.25 stps inside Left 35 yd In	12.5 stps in frnt of Front hash (HS)
#7	16	98	0.25 stps outside Left 35 yd In	7.75 stps behind Front side line
#8	12	110	2.0 stps inside Left 35 yd In	9.5 stps behind Front side line
#9	12	122	1.75 stps inside Left 30 yd In	12.5 stps behind Front side line
#10	24	146	1.25 stps inside Left 30 yd In	5.0 stps in frnt of Front hash (HS)
#11	24	170	1.25 stps inside Left 30 yd In	5.0 stps in frnt of Front hash (HS)
#12	24	194	2.25 stps outside Left 40 yd In	9.75 stps in frnt of Front hash (HS)
#13	16	210	2.25 stps outside Left 40 yd In	9.75 stps in frnt of Front hash (HS)
#14	24	234	2.75 stps outside Left 35 yd In	7.25 stps in frnt of Front hash (HS)
#15	12	246	2.75 stps outside Left 35 yd In	7.25 stps in frnt of Front hash (HS)
#16	12	258	1.5 stps outside Left 35 yd In	on Front hash (HS)
#17	32	290	2.0 stps inside Left 35 yd In	13.5 stps in frnt of Front hash (HS)
#18	8	298	2.0 stps inside Left 35 yd In	13.5 stps in frnt of Front hash (HS)
#19	17	315	2.0 stps outside Left 40 yd In	5.25 stps behind Front side line

Liam Duffy**Drill: Destination Africa Mvt. 1**

Performing as cast member: Liam Duffy Label: 57 Symbol: A ID:56

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps outside Left 40 yd In	5.25 stps behind Front hash (HS)
#2	16	16	2.0 stps outside Left 40 yd In	5.25 stps behind Front hash (HS)
#3	16	32	2.0 stps outside Left 40 yd In	5.25 stps behind Front hash (HS)
#4	16	48	3.0 stps inside Left 40 yd In	8.5 stps in frnt of Front hash (HS)
#5	18	66	3.0 stps inside Left 40 yd In	12.5 stps in frnt of Front hash (HS)
#6	16	82	1.0 stp outside Left 40 yd In	10.75 stps behind Front side line
#7	16	98	0.5 stps inside Left 35 yd In	3.75 stps behind Front side line
#8	12	110	1.75 stps outside Left 40 yd In	12.5 stps behind Front side line
#9	12	122	2.0 stps outside Left 35 yd In	9.5 stps behind Front side line
#10	24	146	0.5 stps outside Left 30 yd In	10.25 stps in frnt of Front hash (HS)
#11	24	170	0.5 stps outside Left 30 yd In	10.25 stps in frnt of Front hash (HS)
#12	24	194	On Left 35 yd In	13.75 stps in frnt of Front hash (HS)
#13	16	210	On Left 35 yd In	13.75 stps in frnt of Front hash (HS)
#14	24	234	0.75 stps inside Left 30 yd In	3.25 stps in frnt of Front hash (HS)
#15	12	246	0.75 stps inside Left 30 yd In	3.25 stps in frnt of Front hash (HS)
#16	12	258	1.25 stps inside Left 30 yd In	on Front hash (HS)
#17	32	290	1.75 stps outside Left 35 yd In	11.5 stps behind Front side line
#18	8	298	1.75 stps outside Left 35 yd In	11.5 stps behind Front side line
#19	17	315	2.25 stps inside Left 35 yd In	3.0 stps behind Front side line

Andrew Corona**Drill: Destination Africa Mvt. 1**

Performing as cast member: Andrew Corona Label: 58 Symbol: A ID:57

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.0 stps inside Left 35 yd In	2.5 stps behind Front hash (HS)
#2	16	16	3.0 stps inside Left 35 yd In	2.5 stps behind Front hash (HS)
#3	16	32	3.0 stps inside Left 35 yd In	2.5 stps behind Front hash (HS)
#4	16	48	1.0 stp inside Left 45 yd In	13.5 stps in frnt of Front hash (HS)
#5	18	66	1.0 stp inside Left 45 yd In	10.5 stps behind Front side line
#6	16	82	2.25 stps inside Left 40 yd In	6.25 stps behind Front side line
#7	16	98	2.5 stps outside Left 40 yd In	3.75 stps behind Front side line
#8	12	110	2.75 stps outside Left 40 yd In	10.75 stps in frnt of Front hash (HS)
#9	12	122	2.0 stps inside Left 35 yd In	9.5 stps behind Front side line
#10	24	146	0.5 stps outside Left 30 yd In	13.0 stps in frnt of Front hash (HS)
#11	24	170	0.5 stps outside Left 30 yd In	13.0 stps in frnt of Front hash (HS)
#12	24	194	2.5 stps outside Left 35 yd In	12.0 stps behind Front side line
#13	16	210	2.5 stps outside Left 35 yd In	12.0 stps behind Front side line
#14	24	234	0.5 stps outside Left 30 yd In	0.75 stps in frnt of Front hash (HS)
#15	12	246	0.5 stps outside Left 30 yd In	0.75 stps in frnt of Front hash (HS)
#16	12	258	1.0 stp outside Left 30 yd In	on Front hash (HS)
#17	32	290	3.75 stps outside Left 35 yd In	10.25 stps behind Front side line
#18	8	298	3.75 stps outside Left 35 yd In	10.25 stps behind Front side line
#19	17	315	0.5 stps inside Left 35 yd In	1.75 stps behind Front side line

Vianey Martinez**Drill: Destination Africa Mvt. 1**

Performing as cast member: Vianey Martinez Label: 59 Symbol: A ID:58

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Left 35 yd In	5.25 stps behind Front hash (HS)
#2	16	16	On Left 35 yd In	5.25 stps behind Front hash (HS)
#3	16	32	On Left 35 yd In	5.25 stps behind Front hash (HS)
#4	16	48	On Left 40 yd In	6.0 stps in frnt of Front hash (HS)
#5	18	66	On Left 40 yd In	10.0 stps in frnt of Front hash (HS)
#6	16	82	2.75 stps outside Left 40 yd In	13.0 stps behind Front side line
#7	16	98	0.25 stps outside Left 35 yd In	5.5 stps behind Front side line
#8	12	110	3.75 stps outside Left 40 yd In	11.0 stps behind Front side line
#9	12	122	3.75 stps inside Left 30 yd In	11.0 stps behind Front side line
#10	24	146	On Left 30 yd In	7.5 stps in frnt of Front hash (HS)
#11	24	170	On Left 30 yd In	7.5 stps in frnt of Front hash (HS)
#12	24	194	2.75 stps inside Left 35 yd In	11.75 stps in frnt of Front hash (HS)
#13	16	210	2.75 stps inside Left 35 yd In	11.75 stps in frnt of Front hash (HS)
#14	24	234	2.5 stps inside Left 30 yd In	5.5 stps in frnt of Front hash (HS)
#15	12	246	2.5 stps inside Left 30 yd In	5.5 stps in frnt of Front hash (HS)
#16	12	258	3.75 stps inside Left 30 yd In	on Front hash (HS)
#17	32	290	On Left 35 yd In	13.0 stps behind Front side line
#18	8	298	On Left 35 yd In	13.0 stps behind Front side line
#19	17	315	3.75 stps outside Left 40 yd In	4.0 stps behind Front side line

Carl McMillan**Drill: Destination Africa Mvt. 1**

Performing as cast member: Carl McMillan Label: 60 Symbol: A ID:59

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Left 35 yd In	on Front hash (HS)
#2	16	16	On Left 35 yd In	on Front hash (HS)
#3	16	32	On Left 35 yd In	on Front hash (HS)
#4	16	48	4.0 stps Left of 50 yd In	12.0 stps behind Front side line
#5	18	66	4.0 stps Left of 50 yd In	8.0 stps behind Front side line
#6	16	82	3.75 stps outside Left 45 yd In	4.0 stps behind Front side line
#7	16	98	On Left 40 yd In	3.75 stps behind Front side line
#8	12	110	3.5 stps outside Left 40 yd In	8.25 stps in frnt of Front hash (HS)
#9	12	122	3.75 stps outside Left 40 yd In	11.0 stps behind Front side line
#10	24	146	On Left 30 yd In	12.0 stps behind Front side line
#11	24	170	On Left 30 yd In	12.0 stps behind Front side line
#12	24	194	2.5 stps inside Left 30 yd In	9.75 stps behind Front side line
#13	16	210	2.5 stps inside Left 30 yd In	9.75 stps behind Front side line
#14	24	234	2.25 stps outside Left 30 yd In	1.5 stps behind Front hash (HS)
#15	12	246	2.25 stps outside Left 30 yd In	1.5 stps behind Front hash (HS)
#16	12	258	3.5 stps outside Left 30 yd In	on Front hash (HS)
#17	32	290	1.75 stps inside Left 30 yd In	9.0 stps behind Front side line
#18	8	298	1.75 stps inside Left 30 yd In	9.0 stps behind Front side line
#19	17	315	1.0 stp outside Left 35 yd In	0.75 stps behind Front side line

Max Schultz**Drill: Destination Africa Mvt. 1**

Performing as cast member: Max Schultz Label: 61 Symbol: A ID:60

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.0 stps outside Left 35 yd In	2.5 stps behind Front hash (HS)
#2	16	16	3.0 stps outside Left 35 yd In	2.5 stps behind Front hash (HS)
#3	16	32	3.0 stps outside Left 35 yd In	2.5 stps behind Front hash (HS)
#4	16	48	2.0 stps outside Left 45 yd In	11.0 stps in frnt of Front hash (HS)
#5	18	66	2.0 stps outside Left 45 yd In	13.0 stps behind Front side line
#6	16	82	0.5 stps inside Left 40 yd In	8.5 stps behind Front side line
#7	16	98	2.75 stps inside Left 35 yd In	3.75 stps behind Front side line
#8	12	110	1.75 stps outside Left 40 yd In	13.0 stps in frnt of Front hash (HS)
#9	12	122	On Left 35 yd In	8.0 stps behind Front side line
#10	24	146	3.0 stps outside Left 40 yd In	12.0 stps in frnt of Front hash (HS)
#11	24	170	3.0 stps outside Left 40 yd In	12.0 stps in frnt of Front hash (HS)
#12	24	194	On Left 30 yd In	7.75 stps behind Front side line
#13	16	210	On Left 30 yd In	7.75 stps behind Front side line
#14	24	234	3.75 stps outside Left 30 yd In	3.75 stps behind Front hash (HS)
#15	12	246	3.75 stps outside Left 30 yd In	3.75 stps behind Front hash (HS)
#16	12	258	2.0 stps inside Left 25 yd In	on Front hash (HS)
#17	32	290	On Left 30 yd In	7.75 stps behind Front side line
#18	8	298	On Left 30 yd In	7.75 stps behind Front side line
#19	17	315	2.75 stps outside Left 35 yd In	on Front side line

Jessica Patrick

Drill: Destination Africa Mvt. 1

Performing as cast member: Jessica Patrick Label: 62 Symbol: G ID:63

Set Move Count	Right-Left	Back-Front
#1 0 0	3.0 stps outside Right 45 yd In	10.25 stps in frnt of Back hash (HS)
#2 16 16	3.0 stps outside Right 45 yd In	10.25 stps in frnt of Back hash (HS)
#3 16 32	3.0 stps outside Right 45 yd In	10.25 stps in frnt of Back hash (HS)
#4 16 48	On Right 40 yd In	10.0 stps in frnt of Back hash (HS)
#5 18 66	On Right 40 yd In	14.0 stps in frnt of Back hash (HS)
#6 16 82	On Right 50 yd In	7.25 stps in frnt of Back hash (HS)
#7 16 98	On Left 50 yd In	8.0 stps in frnt of Back hash (HS)
#8 12 110	3.75 stps inside Right 45 yd In	4.0 stps in frnt of Back hash (HS)
#9 12 122	On Right 45 yd In	on Back hash (HS)
#10 24 146	On Right 40 yd In	9.0 stps behind Front hash (HS)
#11 24 170	On Left 40 yd In	10.0 stps behind Front hash (HS)
#12 24 194	4.0 stps outside Left 45 yd In	12.0 stps in frnt of Back hash (HS)
#13 16 210	4.0 stps outside Left 45 yd In	12.0 stps in frnt of Back hash (HS)
#14 24 234	2.5 stps outside Left 35 yd In	8.25 stps in frnt of Back hash (HS)
#15 12 246	2.5 stps outside Left 35 yd In	8.25 stps in frnt of Back hash (HS)
#16 12 258	1.0 stp outside Left 40 yd In	8.0 stps in frnt of Back hash (HS)
#17 32 290	1.0 stp outside Left 35 yd In	4.25 stps in frnt of Back hash (HS)
#18 8 298	1.0 stp outside Left 35 yd In	4.25 stps in frnt of Back hash (HS)
#19 17 315	1.0 stp outside Left 35 yd In	12.0 stps in frnt of Back hash (HS)

Shioban Moran

Drill: Destination Africa Mvt. 1

Performing as cast member: Shioban Moran Label: 63 Symbol: G ID:62

Set Move Count	Right-Left	Back-Front
#1 0 0	2.25 stps inside Right 40 yd In	5.0 stps in frnt of Back hash (HS)
#2 16 16	2.25 stps inside Right 40 yd In	5.0 stps in frnt of Back hash (HS)
#3 16 32	2.25 stps inside Right 40 yd In	5.0 stps in frnt of Back hash (HS)
#4 16 48	3.5 stps inside Right 35 yd In	13.5 stps behind Front hash (HS)
#5 18 66	3.5 stps inside Right 35 yd In	9.5 stps behind Front hash (HS)
#6 16 82	0.75 stps outside Right 45 yd In	8.75 stps in frnt of Back hash (HS)
#7 16 98	On Right 45 yd In	8.0 stps in frnt of Back hash (HS)
#8 12 110	3.0 stps outside Right 45 yd In	4.5 stps in frnt of Back hash (HS)
#9 12 122	1.75 stps inside Right 40 yd In	1.0 stps in frnt of Back hash (HS)
#10 24 146	On Right 35 yd In	4.0 stps behind Front hash (HS)
#11 24 170	On Right 25 yd In	3.5 stps in frnt of Front hash (HS)
#12 24 194	On Right 20 yd In	7.75 stps behind Front side line
#13 16 210	On Right 20 yd In	7.75 stps behind Front side line
#14 24 234	On Right 25 yd In	5.0 stps behind Front side line
#15 12 246	On Right 25 yd In	5.0 stps behind Front side line
#16 12 258	2.0 stps inside Right 25 yd In	12.0 stps in frnt of Front hash (HS)
#17 32 290	0.5 stps outside Right 30 yd In	4.5 stps in frnt of Back hash (HS)
#18 8 298	0.5 stps outside Right 30 yd In	4.5 stps in frnt of Back hash (HS)
#19 17 315	On Right 30 yd In	12.25 stps in frnt of Back hash (HS)

Naudia Maciaszek

Drill: Destination Africa Mvt. 1

Performing as cast member: Naudia Maciaszek Label: 64 Symbol: G ID:61

Set Move Count	Right-Left	Back-Front
#1 0 0	On Right 40 yd In	on Back hash (HS)
#2 16 16	On Right 40 yd In	on Back hash (HS)
#3 16 32	On Right 40 yd In	on Back hash (HS)
#4 16 48	1.0 stp outside Right 35 yd In	9.0 stps behind Front hash (HS)
#5 18 66	1.0 stp outside Right 35 yd In	5.0 stps behind Front hash (HS)
#6 16 82	0.25 stps outside Right 40 yd In	13.0 stps in frnt of Back hash (HS)
#7 16 98	On Right 40 yd In	8.0 stps in frnt of Back hash (HS)
#8 12 110	1.75 stps outside Right 40 yd In	5.5 stps in frnt of Back hash (HS)
#9 12 122	3.75 stps outside Right 40 yd In	3.0 stps in frnt of Back hash (HS)
#10 24 146	3.5 stps outside Right 40 yd In	0.25 stps behind Front hash (HS)
#11 24 170	2.75 stps outside Right 30 yd In	on Front hash (HS)
#12 24 194	2.25 stps outside Right 25 yd In	11.5 stps in frnt of Front hash (HS)
#13 16 210	2.25 stps outside Right 25 yd In	11.5 stps in frnt of Front hash (HS)
#14 24 234	3.25 stps outside Right 30 yd In	9.0 stps behind Front side line
#15 12 246	3.25 stps outside Right 30 yd In	9.0 stps behind Front side line
#16 12 258	0.25 stps inside Right 30 yd In	12.0 stps in frnt of Front hash (HS)
#17 32 290	2.75 stps inside Right 25 yd In	11.5 stps in frnt of Back hash (HS)
#18 8 298	2.75 stps inside Right 25 yd In	11.5 stps in frnt of Back hash (HS)
#19 17 315	3.0 stps inside Right 25 yd In	9.75 stps behind Front hash (HS)

Nicole Baldwin

Drill: Destination Africa Mvt. 1

Performing as cast member: Nicole Baldwin Label: 65 Symbol: G ID:64

Set Move Count	Right-Left	Back-Front
#1 0 0	0.75 stps outside Right 45 yd In	12.25 stps behind Front hash (HS)
#2 16 16	0.75 stps outside Right 45 yd In	12.25 stps behind Front hash (HS)
#3 16 32	0.75 stps outside Right 45 yd In	12.25 stps behind Front hash (HS)
#4 16 48	2.0 stps outside Right 45 yd In	4.0 stps behind Front hash (HS)
#5 18 66	2.0 stps outside Right 45 yd In	on Front hash (HS)
#6 16 82	On Right 45 yd In	12.0 stps in frnt of Front hash (HS)
#7 16 98	On Right 45 yd In	on Front side line
#8 12 110	1.75 stps inside Right 45 yd In	6.25 stps behind Front side line
#9 12 122	1.75 stps inside Right 45 yd In	6.25 stps behind Front side line
#10 24 146	4.0 stps outside Left 45 yd In	10.0 stps in frnt of Front hash (HS)
#11 24 170	4.0 stps outside Left 45 yd In	10.0 stps in frnt of Front hash (HS)
#12 24 194	On Left 45 yd In	on Front side line
#13 16 210	On Left 45 yd In	on Front side line
#14 24 234	3.25 stps inside Right 45 yd In	12.5 stps in frnt of Front hash (HS)
#15 12 246	3.25 stps inside Right 45 yd In	12.5 stps in frnt of Front hash (HS)
#16 12 258	1.5 stps inside Left 45 yd In	12.0 stps in frnt of Front hash (HS)
#17 32 290	On Left 25 yd In	7.75 stps behind Front side line
#18 8 298	On Left 25 yd In	7.75 stps behind Front side line
#19 17 315	0.25 stps outside Left 25 yd In	7.75 stps behind Front side line

Tiara Spain

Drill: Destination Africa Mvt. 1

Performing as cast member: Tiara Spain Label: 66 Symbol: G ID:65

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.5 stps inside Right 45 yd In	7.0 stps behind Front hash (HS)
#2	16	16	1.5 stps inside Right 45 yd In	7.0 stps behind Front hash (HS)
#3	16	32	1.5 stps inside Right 45 yd In	7.0 stps behind Front hash (HS)
#4	16	48	2.0 stps inside Right 45 yd In	2.0 stps in frnt of Front hash (HS)
#5	18	66	2.0 stps inside Right 45 yd In	6.0 stps in frnt of Front hash (HS)
#6	16	82	3.0 stps inside Right 45 yd In	12.25 stps behind Front side line
#7	16	98	3.0 stps inside Right 45 yd In	on Front side line
#8	12	110	1.75 stps inside Right 45 yd In	11.5 stps behind Front side line
#9	12	122	1.75 stps inside Right 45 yd In	11.5 stps behind Front side line
#10	24	146	1.75 stps inside Left 40 yd In	6.25 stps in frnt of Front hash (HS)
#11	24	170	1.75 stps inside Left 40 yd In	6.25 stps in frnt of Front hash (HS)
#12	24	194	3.0 stps outside Left 45 yd In	on Front side line
#13	16	210	3.0 stps outside Left 45 yd In	on Front side line
#14	24	234	1.0 stp Left of 50 yd In	13.0 stps behind Front side line
#15	12	246	1.0 stp Left of 50 yd In	13.0 stps behind Front side line
#16	12	258	3.25 stps inside Left 40 yd In	12.0 stps in frnt of Front hash (HS)
#17	32	290	3.25 stps outside Left 25 yd In	12.5 stps in frnt of Front hash (HS)
#18	8	298	3.25 stps outside Left 25 yd In	12.5 stps in frnt of Front hash (HS)
#19	17	315	3.25 stps outside Left 25 yd In	13.75 stps in frnt of Front hash (HS)

Belle Haun

Drill: Destination Africa Mvt. 1

Performing as cast member: Belle Haun Label: 67 Symbol: G ID:66

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.5 stps Right of 50 yd In	4.0 stps behind Front hash (HS)
#2	16	16	2.5 stps Right of 50 yd In	4.0 stps behind Front hash (HS)
#3	16	32	2.5 stps Right of 50 yd In	4.0 stps behind Front hash (HS)
#4	16	48	2.0 stps Right of 50 yd In	8.0 stps in frnt of Front hash (HS)
#5	18	66	2.0 stps Right of 50 yd In	12.0 stps in frnt of Front hash (HS)
#6	16	82	1.5 stps Right of 50 yd In	8.5 stps behind Front side line
#7	16	98	1.5 stps Right of 50 yd In	on Front side line
#8	12	110	On 50 yd In	13.0 stps behind Front side line
#9	12	122	On 50 yd In	13.0 stps behind Front side line
#10	24	146	2.0 stps outside Left 40 yd In	4.75 stps in frnt of Front hash (HS)
#11	24	170	2.0 stps outside Left 40 yd In	4.75 stps in frnt of Front hash (HS)
#12	24	194	1.5 stps inside Left 40 yd In	on Front side line
#13	16	210	1.5 stps inside Left 40 yd In	on Front side line
#14	24	234	1.0 stp inside Left 45 yd In	10.75 stps behind Front side line
#15	12	246	1.0 stp inside Left 45 yd In	10.75 stps behind Front side line
#16	12	258	3.0 stps outside Left 40 yd In	12.0 stps in frnt of Front hash (HS)
#17	32	290	1.25 stps inside Left 20 yd In	4.75 stps in frnt of Front hash (HS)
#18	8	298	1.25 stps inside Left 20 yd In	4.75 stps in frnt of Front hash (HS)
#19	17	315	1.25 stps inside Left 20 yd In	7.5 stps in frnt of Front hash (HS)

Shaina Lieske

Drill: Destination Africa Mvt. 1

Performing as cast member: Shaina Lieske Label: 68 Symbol: G ID:67

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.0 stps Left of 50 yd In	4.0 stps behind Front hash (HS)
#2	16	16	3.0 stps Left of 50 yd In	4.0 stps behind Front hash (HS)
#3	16	32	3.0 stps Left of 50 yd In	4.0 stps behind Front hash (HS)
#4	16	48	2.0 stps Left of 50 yd In	8.0 stps in frnt of Front hash (HS)
#5	18	66	2.0 stps Left of 50 yd In	12.0 stps in frnt of Front hash (HS)
#6	16	82	1.5 stps Left of 50 yd In	8.5 stps behind Front side line
#7	16	98	1.5 stps Left of 50 yd In	on Front side line
#8	12	110	1.75 stps inside Left 45 yd In	11.5 stps behind Front side line
#9	12	122	1.75 stps inside Left 45 yd In	11.5 stps behind Front side line
#10	24	146	1.75 stps inside Left 35 yd In	6.0 stps in frnt of Front hash (HS)
#11	24	170	1.75 stps inside Left 35 yd In	6.0 stps in frnt of Front hash (HS)
#12	24	194	1.5 stps outside Left 40 yd In	on Front side line
#13	16	210	1.5 stps outside Left 40 yd In	on Front side line
#14	24	234	3.25 stps inside Left 40 yd In	8.5 stps behind Front side line
#15	12	246	3.25 stps inside Left 40 yd In	8.5 stps behind Front side line
#16	12	258	1.25 stps outside Left 35 yd In	12.0 stps in frnt of Front hash (HS)
#17	32	290	1.25 stps inside Left 20 yd In	2.25 stps behind Front hash (HS)
#18	8	298	1.25 stps inside Left 20 yd In	2.25 stps behind Front hash (HS)
#19	17	315	1.25 stps inside Left 20 yd In	1.5 stps in frnt of Front hash (HS)

Yelena Guzman

Drill: Destination Africa Mvt. 1

Performing as cast member: Yelena Guzman Label: 69 Symbol: G ID:68

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.75 stps inside Left 45 yd In	6.5 stps behind Front hash (HS)
#2	16	16	0.75 stps inside Left 45 yd In	6.5 stps behind Front hash (HS)
#3	16	32	0.75 stps inside Left 45 yd In	6.5 stps behind Front hash (HS)
#4	16	48	2.0 stps inside Left 45 yd In	2.0 stps in frnt of Front hash (HS)
#5	18	66	2.0 stps inside Left 45 yd In	6.0 stps in frnt of Front hash (HS)
#6	16	82	3.0 stps inside Left 45 yd In	12.0 stps behind Front side line
#7	16	98	3.0 stps inside Left 45 yd In	on Front side line
#8	12	110	1.75 stps inside Left 45 yd In	6.25 stps behind Front side line
#9	12	122	1.75 stps inside Left 45 yd In	6.25 stps behind Front side line
#10	24	146	0.5 stps outside Left 35 yd In	9.5 stps in frnt of Front hash (HS)
#11	24	170	0.5 stps outside Left 35 yd In	9.5 stps in frnt of Front hash (HS)
#12	24	194	3.0 stps inside Left 35 yd In	on Front side line
#13	16	210	3.0 stps inside Left 35 yd In	on Front side line
#14	24	234	2.25 stps outside Left 40 yd In	6.25 stps behind Front side line
#15	12	246	2.25 stps outside Left 40 yd In	6.25 stps behind Front side line
#16	12	258	0.25 stps inside Left 30 yd In	12.0 stps in frnt of Front hash (HS)
#17	32	290	2.0 stps outside Left 25 yd In	9.25 stps behind Front hash (HS)
#18	8	298	2.0 stps outside Left 25 yd In	9.25 stps behind Front hash (HS)
#19	17	315	2.0 stps outside Left 25 yd In	4.0 stps behind Front hash (HS)

Dominique McBride**Drill: Destination Africa Mvt. 1**Performing as cast member: **Dominique McBride** Label: 70 Symbol: G ID:69

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.25 stps outside Left 45 yd In	12.0 stps behind Front hash (HS)
#2	16	16	1.25 stps outside Left 45 yd In	12.0 stps behind Front hash (HS)
#3	16	32	1.25 stps outside Left 45 yd In	12.0 stps behind Front hash (HS)
#4	16	48	2.0 stps outside Left 45 yd In	4.0 stps behind Front hash (HS)
#5	18	66	2.0 stps outside Left 45 yd In	on Front hash (HS)
#6	16	82	On Left 45 yd In	12.0 stps in frnt of Front hash (HS)
#7	16	98	On Left 45 yd In	on Front side line
#8	12	110	On 50 yd In	5.0 stps behind Front side line
#9	12	122	On 50 yd In	5.0 stps behind Front side line
#10	24	146	On Left 35 yd In	14.0 stps behind Front side line
#11	24	170	On Left 35 yd In	14.0 stps behind Front side line
#12	24	194	On Left 35 yd In	on Front side line
#13	16	210	On Left 35 yd In	on Front side line
#14	24	234	On Left 35 yd In	4.0 stps behind Front side line
#15	12	246	On Left 35 yd In	4.0 stps behind Front side line
#16	12	258	2.0 stps inside Left 25 yd In	12.0 stps in frnt of Front hash (HS)
#17	32	290	2.5 stps inside Left 25 yd In	11.75 stps in frnt of Back hash (HS)
#18	8	298	2.5 stps inside Left 25 yd In	11.75 stps in frnt of Back hash (HS)
#19	17	315	2.25 stps inside Left 25 yd In	9.75 stps behind Front hash (HS)

Tessa Foley**Drill: Destination Africa Mvt. 1**Performing as cast member: **Tessa Foley** Label: 71 Symbol: G ID:70

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.5 stps outside Left 45 yd In	10.5 stps in frnt of Back hash (HS)
#2	16	16	3.5 stps outside Left 45 yd In	10.5 stps in frnt of Back hash (HS)
#3	16	32	3.5 stps outside Left 45 yd In	10.5 stps in frnt of Back hash (HS)
#4	16	48	1.0 stp outside Left 35 yd In	9.0 stps behind Front hash (HS)
#5	18	66	1.0 stp outside Left 35 yd In	5.0 stps behind Front hash (HS)
#6	16	82	1.5 stps inside Left 35 yd In	8.0 stps behind Front hash (HS)
#7	16	98	On Left 35 yd In	8.0 stps in frnt of Back hash (HS)
#8	12	110	1.0 stp outside Left 40 yd In	4.5 stps in frnt of Back hash (HS)
#9	12	122	2.0 stps outside Left 45 yd In	1.25 stps in frnt of Back hash (HS)
#10	24	146	On Right 40 yd In	on Back hash (HS)
#11	24	170	On Right 40 yd In	on Back hash (HS)
#12	24	194	1.0 stp outside Right 35 yd In	8.0 stps in frnt of Back hash (HS)
#13	16	210	1.0 stp outside Right 35 yd In	8.0 stps in frnt of Back hash (HS)
#14	24	234	On Right 45 yd In	6.0 stps in frnt of Back hash (HS)
#15	12	246	On Right 45 yd In	6.0 stps in frnt of Back hash (HS)
#16	12	258	On Right 35 yd In	8.0 stps in frnt of Back hash (HS)
#17	32	290	0.5 stps outside Right 35 yd In	4.25 stps in frnt of Back hash (HS)
#18	8	298	0.5 stps outside Right 35 yd In	4.25 stps in frnt of Back hash (HS)
#19	17	315	On Right 35 yd In	12.0 stps in frnt of Back hash (HS)

Florencia Luciano**Drill: Destination Africa Mvt. 1**Performing as cast member: **Florencia Luciano** Label: 72 Symbol: G ID:71

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps inside Left 40 yd In	5.25 stps in frnt of Back hash (HS)
#2	16	16	2.0 stps inside Left 40 yd In	5.25 stps in frnt of Back hash (HS)
#3	16	32	2.0 stps inside Left 40 yd In	5.25 stps in frnt of Back hash (HS)
#4	16	48	3.5 stps inside Left 35 yd In	13.5 stps behind Front hash (HS)
#5	18	66	3.5 stps inside Left 35 yd In	9.5 stps behind Front hash (HS)
#6	16	82	0.25 stps outside Left 40 yd In	13.0 stps in frnt of Back hash (HS)
#7	16	98	On Left 40 yd In	8.0 stps in frnt of Back hash (HS)
#8	12	110	2.0 stps outside Left 45 yd In	3.75 stps in frnt of Back hash (HS)
#9	12	122	3.75 stps inside Left 45 yd In	on Back hash (HS)
#10	24	146	On Right 40 yd In	6.25 stps in frnt of Back hash (HS)
#11	24	170	2.5 stps inside Right 45 yd In	6.0 stps in frnt of Back hash (HS)
#12	24	194	On Right 40 yd In	12.0 stps in frnt of Back hash (HS)
#13	16	210	On Right 40 yd In	12.0 stps in frnt of Back hash (HS)
#14	24	234	1.75 stps Right of 50 yd In	9.25 stps in frnt of Back hash (HS)
#15	12	246	1.75 stps Right of 50 yd In	9.25 stps in frnt of Back hash (HS)
#16	12	258	1.0 stp outside Right 40 yd In	8.0 stps in frnt of Back hash (HS)
#17	32	290	0.25 stps outside Right 40 yd In	4.25 stps in frnt of Back hash (HS)
#18	8	298	0.25 stps outside Right 40 yd In	4.25 stps in frnt of Back hash (HS)
#19	17	315	On Right 40 yd In	12.0 stps in frnt of Back hash (HS)

Agustina Contreras**Drill: Destination Africa Mvt. 1**Performing as cast member: **Agustina Contreras** Label: 73 Symbol: G ID:72

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Left 40 yd In	on Back hash (HS)
#2	16	16	On Left 40 yd In	on Back hash (HS)
#3	16	32	On Left 40 yd In	on Back hash (HS)
#4	16	48	On Left 40 yd In	10.0 stps in frnt of Back hash (HS)
#5	18	66	On Left 40 yd In	14.0 stps in frnt of Back hash (HS)
#6	16	82	0.5 stps outside Left 45 yd In	8.75 stps in frnt of Back hash (HS)
#7	16	98	On Left 45 yd In	8.0 stps in frnt of Back hash (HS)
#8	12	110	3.0 stps Left of 50 yd In	3.75 stps in frnt of Back hash (HS)
#9	12	122	1.75 stps Right of 50 yd In	0.5 stps behind Back hash (HS)
#10	24	146	On Right 40 yd In	12.5 stps in frnt of Back hash (HS)
#11	24	170	2.5 stps inside Left 45 yd In	12.0 stps in frnt of Back hash (HS)
#12	24	194	3.0 stps inside Left 45 yd In	6.0 stps in frnt of Back hash (HS)
#13	16	210	3.0 stps inside Left 45 yd In	6.0 stps in frnt of Back hash (HS)
#14	24	234	2.5 stps inside Left 35 yd In	12.75 stps in frnt of Back hash (HS)
#15	12	246	2.5 stps inside Left 35 yd In	12.75 stps in frnt of Back hash (HS)
#16	12	258	2.25 stps outside Left 45 yd In	8.0 stps in frnt of Back hash (HS)
#17	32	290	0.75 stps outside Left 40 yd In	4.25 stps in frnt of Back hash (HS)
#18	8	298	0.75 stps outside Left 40 yd In	4.25 stps in frnt of Back hash (HS)
#19	17	315	0.75 stps outside Left 40 yd In	12.0 stps in frnt of Back hash (HS)

Sade Moore**Drill: Destination Africa Mvt. 1**

Performing as cast member: Sade Moore Label: 74 Symbol: G ID:73

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Right 35 yd In	on Front side line
#2	16	16	On Right 35 yd In	on Front side line
#3	16	32	On Right 35 yd In	on Front side line
#4	16	48	On Right 35 yd In	12.0 stps in frnt of Front hash (HS)
#5	18	66	On Right 35 yd In	12.0 stps behind Front side line
#6	16	82	1.5 stps inside Right 35 yd In	8.0 stps behind Front hash (HS)
#7	16	98	On Right 35 yd In	8.0 stps in frnt of Back hash (HS)
#8	12	110	0.25 stps outside Right 35 yd In	7.25 stps in frnt of Back hash (HS)
#9	12	122	0.75 stps outside Right 35 yd In	6.75 stps in frnt of Back hash (HS)
#10	24	146	0.5 stps inside Right 40 yd In	3.25 stps in frnt of Front hash (HS)
#11	24	170	2.75 stps inside Right 30 yd In	2.5 stps behind Front hash (HS)
#12	24	194	3.25 stps inside Right 25 yd In	3.25 stps in frnt of Front hash (HS)
#13	16	210	3.25 stps inside Right 25 yd In	3.25 stps in frnt of Front hash (HS)
#14	24	234	1.0 stp inside Right 30 yd In	13.0 stps behind Front side line
#15	12	246	1.0 stp inside Right 30 yd In	13.0 stps behind Front side line
#16	12	258	1.25 stps outside Right 35 yd In	12.0 stps in frnt of Front hash (HS)
#17	32	290	1.5 stps outside Right 25 yd In	9.5 stps behind Front hash (HS)
#18	8	298	1.5 stps outside Right 25 yd In	9.5 stps behind Front hash (HS)
#19	17	315	1.25 stps outside Right 25 yd In	4.25 stps behind Front hash (HS)

Isabeau Shalack**Drill: Destination Africa Mvt. 1**

Performing as cast member: Isabeau Shalack Label: 75 Symbol: G ID:74

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.0 stps inside Right 35 yd In	on Front side line
#2	16	16	3.0 stps inside Right 35 yd In	on Front side line
#3	16	32	3.0 stps inside Right 35 yd In	on Front side line
#4	16	48	2.0 stps outside Right 40 yd In	12.0 stps behind Front side line
#5	18	66	2.0 stps outside Right 40 yd In	8.0 stps behind Front side line
#6	16	82	1.5 stps outside Right 35 yd In	on Front hash (HS)
#7	16	98	3.75 stps outside Right 35 yd In	12.0 stps in frnt of Back hash (HS)
#8	12	110	3.75 stps inside Right 30 yd In	11.75 stps in frnt of Back hash (HS)
#9	12	122	3.5 stps inside Right 30 yd In	11.75 stps in frnt of Back hash (HS)
#10	24	146	3.0 stps outside Right 45 yd In	7.0 stps in frnt of Front hash (HS)
#11	24	170	1.25 stps inside Right 35 yd In	2.5 stps behind Front hash (HS)
#12	24	194	1.0 stp inside Right 30 yd In	4.75 stps behind Front hash (HS)
#13	16	210	1.0 stp inside Right 30 yd In	4.75 stps behind Front hash (HS)
#14	24	234	2.0 stps outside Right 35 yd In	10.5 stps in frnt of Front hash (HS)
#15	12	246	2.0 stps outside Right 35 yd In	10.5 stps in frnt of Front hash (HS)
#16	12	258	3.0 stps outside Right 40 yd In	12.0 stps in frnt of Front hash (HS)
#17	32	290	1.5 stps inside Right 20 yd In	2.5 stps behind Front hash (HS)
#18	8	298	1.5 stps inside Right 20 yd In	2.5 stps behind Front hash (HS)
#19	17	315	2.0 stps inside Right 20 yd In	1.25 stps in frnt of Front hash (HS)

Alexus Clark**Drill: Destination Africa Mvt. 1**

Performing as cast member: Alexis Clark Label: 76 Symbol: G ID:75

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps outside Right 40 yd In	on Front side line
#2	16	16	2.0 stps outside Right 40 yd In	on Front side line
#3	16	32	2.0 stps outside Right 40 yd In	on Front side line
#4	16	48	4.0 stps inside Right 40 yd In	8.0 stps behind Front side line
#5	18	66	4.0 stps inside Right 40 yd In	4.0 stps behind Front side line
#6	16	82	2.0 stps outside Right 35 yd In	8.75 stps in frnt of Front hash (HS)
#7	16	98	3.75 stps outside Right 35 yd In	7.75 stps behind Front hash (HS)
#8	12	110	3.0 stps inside Right 30 yd In	9.0 stps behind Front hash (HS)
#9	12	122	2.0 stps inside Right 30 yd In	10.25 stps behind Front hash (HS)
#10	24	146	1.25 stps inside Right 45 yd In	10.5 stps in frnt of Front hash (HS)
#11	24	170	1.25 stps outside Right 40 yd In	0.5 stps in frnt of Front hash (HS)
#12	24	194	0.5 stps outside Right 35 yd In	4.75 stps behind Front hash (HS)
#13	16	210	0.5 stps outside Right 35 yd In	4.75 stps behind Front hash (HS)
#14	24	234	2.25 stps inside Right 35 yd In	6.5 stps in frnt of Front hash (HS)
#15	12	246	2.25 stps inside Right 35 yd In	6.5 stps in frnt of Front hash (HS)
#16	12	258	3.25 stps inside Right 40 yd In	12.0 stps in frnt of Front hash (HS)
#17	32	290	1.5 stps inside Right 20 yd In	4.5 stps in frnt of Front hash (HS)
#18	8	298	1.5 stps inside Right 20 yd In	4.5 stps in frnt of Front hash (HS)
#19	17	315	2.0 stps inside Right 20 yd In	7.25 stps in frnt of Front hash (HS)

Julianne Shannon**Drill: Destination Africa Mvt. 1**

Performing as cast member: Julianne Shannon Label: 77 Symbol: G ID:76

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.0 stp inside Right 40 yd In	on Front side line
#2	16	16	1.0 stp inside Right 40 yd In	on Front side line
#3	16	32	1.0 stp inside Right 40 yd In	on Front side line
#4	16	48	2.0 stps inside Right 45 yd In	4.0 stps behind Front side line
#5	18	66	2.0 stps inside Right 45 yd In	on Front side line
#6	16	82	0.5 stps inside Right 35 yd In	10.5 stps behind Front side line
#7	16	98	3.75 stps outside Right 35 yd In	on Front hash (HS)
#8	12	110	3.75 stps inside Right 30 yd In	2.0 stps behind Front hash (HS)
#9	12	122	3.75 stps inside Right 30 yd In	4.5 stps behind Front hash (HS)
#10	24	146	2.25 stps Right of 50 yd In	13.5 stps behind Front side line
#11	24	170	2.5 stps inside Right 40 yd In	5.5 stps in frnt of Front hash (HS)
#12	24	194	2.25 stps outside Right 40 yd In	3.0 stps in frnt of Front hash (HS)
#13	16	210	2.25 stps outside Right 40 yd In	3.0 stps in frnt of Front hash (HS)
#14	24	234	On Right 40 yd In	7.75 stps in frnt of Front hash (HS)
#15	12	246	On Right 40 yd In	7.75 stps in frnt of Front hash (HS)
#16	12	258	1.5 stps inside Right 45 yd In	12.0 stps in frnt of Front hash (HS)
#17	32	290	3.25 stps outside Right 25 yd In	12.25 stps in frnt of Front hash (HS)
#18	8	298	3.25 stps outside Right 25 yd In	12.25 stps in frnt of Front hash (HS)
#19	17	315	2.75 stps outside Right 25 yd In	13.75 stps in frnt of Front hash (HS)

Jaysly Mijangos

Drill: Destination Africa Mvt. 1

Performing as cast member: Jaysly Mijangos Label: 78 Symbol: G ID:77

Set	Move	Count	Right-Left	Back-Front
#1	0	0	4.0 stps inside Right 40 yd In	on Front side line
#2	16	16	4.0 stps inside Right 40 yd In	on Front side line
#3	16	32	4.0 stps inside Right 40 yd In	on Front side line
#4	16	48	On 50 yd In	8.0 stps behind Front side line
#5	18	66	On 50 yd In	4.0 stps behind Front side line
#6	16	82	2.0 stps outside Right 40 yd In	3.5 stps behind Front side line
#7	16	98	3.75 stps inside Right 30 yd In	8.0 stps in frnt of Front hash (HS)
#8	12	110	2.0 stps outside Right 35 yd In	4.0 stps in frnt of Front hash (HS)
#9	12	122	On Right 35 yd In	on Front hash (HS)
#10	24	146	2.0 stps Left of 50 yd In	10.0 stps behind Front side line
#11	24	170	1.25 stps outside Right 45 yd In	10.5 stps in frnt of Front hash (HS)
#12	24	194	4.0 stps inside Right 40 yd In	11.0 stps in frnt of Front hash (HS)
#13	16	210	4.0 stps inside Right 40 yd In	11.0 stps in frnt of Front hash (HS)
#14	24	234	2.25 stps outside Right 45 yd In	10.25 stps in frnt of Front hash (HS)
#15	12	246	2.25 stps outside Right 45 yd In	10.25 stps in frnt of Front hash (HS)
#16	12	258	On 50 yd In	12.0 stps in frnt of Front hash (HS)
#17	32	290	On Right 25 yd In	7.75 stps behind Front side line
#18	8	298	On Right 25 yd In	7.75 stps behind Front side line
#19	17	315	On Right 25 yd In	7.75 stps behind Front side line

Abby Ryan

Drill: Destination Africa Mvt. 1

Performing as cast member: Abby Ryan Label: 79 Symbol: G ID:78

Set	Move	Count	Right-Left	Back-Front
#1	0	0	4.0 stps outside Left 45 yd In	on Front side line
#2	16	16	4.0 stps outside Left 45 yd In	on Front side line
#3	16	32	4.0 stps outside Left 45 yd In	on Front side line
#4	16	48	2.0 stps inside Left 45 yd In	4.0 stps behind Front side line
#5	18	66	2.0 stps inside Left 45 yd In	on Front side line
#6	16	82	2.0 stps outside Left 40 yd In	3.5 stps behind Front side line
#7	16	98	3.75 stps inside Left 30 yd In	7.75 stps in frnt of Front hash (HS)
#8	12	110	2.0 stps outside Left 35 yd In	on Front hash (HS)
#9	12	122	On Left 35 yd In	8.0 stps behind Front hash (HS)
#10	24	146	On Left 40 yd In	9.0 stps behind Front hash (HS)
#11	24	170	On Right 40 yd In	10.0 stps behind Front hash (HS)
#12	24	194	On Right 40 yd In	7.0 stps behind Front hash (HS)
#13	16	210	On Right 40 yd In	7.0 stps behind Front hash (HS)
#14	24	234	3.75 stps inside Left 45 yd In	12.75 stps in frnt of Back hash (HS)
#15	12	246	3.75 stps inside Left 45 yd In	12.75 stps in frnt of Back hash (HS)
#16	12	258	2.25 stps outside Right 45 yd In	8.0 stps in frnt of Back hash (HS)
#17	32	290	On Right 45 yd In	4.25 stps in frnt of Back hash (HS)
#18	8	298	On Right 45 yd In	4.25 stps in frnt of Back hash (HS)
#19	17	315	On Right 45 yd In	12.0 stps in frnt of Back hash (HS)

Alivia Aldape

Drill: Destination Africa Mvt. 1

Performing as cast member: Alivia Aldape Label: 80 Symbol: G ID:79

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.25 stps inside Left 40 yd In	on Front side line
#2	16	16	0.25 stps inside Left 40 yd In	on Front side line
#3	16	32	0.25 stps inside Left 40 yd In	on Front side line
#4	16	48	4.0 stps outside Left 45 yd In	8.0 stps behind Front side line
#5	18	66	4.0 stps outside Left 45 yd In	4.0 stps behind Front side line
#6	16	82	0.5 stps inside Left 35 yd In	10.5 stps behind Front side line
#7	16	98	3.75 stps inside Left 30 yd In	on Front hash (HS)
#8	12	110	1.0 stp outside Left 35 yd In	6.75 stps behind Front hash (HS)
#9	12	122	1.5 stps inside Left 35 yd In	13.75 stps behind Front hash (HS)
#10	24	146	On Left 40 yd In	12.5 stps in frnt of Back hash (HS)
#11	24	170	2.5 stps inside Right 45 yd In	12.0 stps in frnt of Back hash (HS)
#12	24	194	On Right 45 yd In	10.0 stps behind Front hash (HS)
#13	16	210	On Right 45 yd In	10.0 stps behind Front hash (HS)
#14	24	234	2.0 stps outside Left 45 yd In	11.5 stps behind Front hash (HS)
#15	12	246	2.0 stps outside Left 45 yd In	11.5 stps behind Front hash (HS)
#16	12	258	3.25 stps Right of 50 yd In	8.0 stps in frnt of Back hash (HS)
#17	32	290	On Left 50 yd In	4.25 stps in frnt of Back hash (HS)
#18	8	298	On Left 50 yd In	4.25 stps in frnt of Back hash (HS)
#19	17	315	0.25 stps Left of 50 yd In	12.0 stps in frnt of Back hash (HS)

Nyah Tsai

Drill: Destination Africa Mvt. 1

Performing as cast member: Nyah Tsai Label: 81 Symbol: G ID:80

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.25 stps outside Left 40 yd In	on Front side line
#2	16	16	3.25 stps outside Left 40 yd In	on Front side line
#3	16	32	3.25 stps outside Left 40 yd In	on Front side line
#4	16	48	2.0 stps outside Left 40 yd In	12.0 stps behind Front side line
#5	18	66	2.0 stps outside Left 40 yd In	8.0 stps behind Front side line
#6	16	82	2.0 stps outside Left 35 yd In	8.75 stps in frnt of Front hash (HS)
#7	16	98	3.75 stps inside Left 30 yd In	7.75 stps behind Front hash (HS)
#8	12	110	On Left 35 yd In	13.75 stps behind Front hash (HS)
#9	12	122	3.75 stps outside Left 40 yd In	8.25 stps in frnt of Back hash (HS)
#10	24	146	On Left 40 yd In	6.25 stps in frnt of Back hash (HS)
#11	24	170	2.5 stps inside Left 45 yd In	6.0 stps in frnt of Back hash (HS)
#12	24	194	On 50 yd In	on Back hash (HS)
#13	16	210	On 50 yd In	on Back hash (HS)
#14	24	234	On Left 40 yd In	10.5 stps behind Front hash (HS)
#15	12	246	On Left 40 yd In	10.5 stps behind Front hash (HS)
#16	12	258	3.25 stps Left of 50 yd In	8.0 stps in frnt of Back hash (HS)
#17	32	290	0.5 stps outside Left 45 yd In	4.25 stps in frnt of Back hash (HS)
#18	8	298	0.5 stps outside Left 45 yd In	4.25 stps in frnt of Back hash (HS)
#19	17	315	0.5 stps outside Left 45 yd In	12.0 stps in frnt of Back hash (HS)

Mary Jane Sullivan

Drill: Destination Africa Mvt. 1

Performing as cast member: Mary Jane Sullivan Label: 82 Symbol: G ID:81

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.0 stp inside Left 35 yd In	on Front side line
#2	16	16	1.0 stp inside Left 35 yd In	on Front side line
#3	16	32	1.0 stp inside Left 35 yd In	on Front side line
#4	16	48	On Left 35 yd In	12.0 stps in frnt of Front hash (HS)
#5	18	66	On Left 35 yd In	12.0 stps behind Front side line
#6	16	82	1.5 stps outside Left 35 yd In	on Front hash (HS)
#7	16	98	3.75 stps inside Left 30 yd In	12.0 stps in frnt of Back hash (HS)
#8	12	110	2.0 stps inside Left 35 yd In	8.0 stps in frnt of Back hash (HS)
#9	12	122	0.25 stps inside Left 40 yd In	4.0 stps in frnt of Back hash (HS)
#10	24	146	On Left 40 yd In	on Back hash (HS)
#11	24	170	On Left 40 yd In	on Back hash (HS)
#12	24	194	3.0 stps outside Left 40 yd In	6.0 stps in frnt of Back hash (HS)
#13	16	210	3.0 stps outside Left 40 yd In	6.0 stps in frnt of Back hash (HS)
#14	24	234	On Left 30 yd In	4.0 stps in frnt of Back hash (HS)
#15	12	246	On Left 30 yd In	4.0 stps in frnt of Back hash (HS)
#16	12	258	On Left 35 yd In	8.0 stps in frnt of Back hash (HS)
#17	32	290	0.75 stps outside Left 30 yd In	4.75 stps in frnt of Back hash (HS)
#18	8	298	0.75 stps outside Left 30 yd In	4.75 stps in frnt of Back hash (HS)
#19	17	315	0.75 stps outside Left 30 yd In	12.5 stps in frnt of Back hash (HS)

Bridget Donoghue

Drill: Destination Africa Mvt. 1

Performing as cast member: Bridget Donoghue Label: 83 Symbol: D ID:82

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps inside Right 30 yd In	11.0 stps behind Front hash (HS)
#2	16	16	2.0 stps inside Right 30 yd In	11.0 stps behind Front hash (HS)
#3	16	32	2.0 stps inside Right 30 yd In	11.0 stps behind Front hash (HS)
#4	16	48	1.0 stp inside Right 40 yd In	7.25 stps behind Front hash (HS)
#5	18	66	1.0 stp inside Right 40 yd In	3.25 stps behind Front hash (HS)
#6	16	82	2.0 stps outside Right 45 yd In	8.0 stps in frnt of Front hash (HS)
#7	16	98	On Right 45 yd In	8.0 stps in frnt of Front hash (HS)
#8	12	110	1.0 stp inside Right 40 yd In	13.5 stps in frnt of Front hash (HS)
#9	12	122	1.25 stps inside Right 35 yd In	11.25 stps in frnt of Front hash (HS)
#10	24	146	2.25 stps outside Right 45 yd In	12.0 stps behind Front side line
#11	24	170	1.25 stps inside Right 35 yd In	10.0 stps in frnt of Front hash (HS)
#12	24	194	2.5 stps outside Right 30 yd In	11.25 stps in frnt of Front hash (HS)
#13	16	210	2.5 stps outside Right 30 yd In	11.25 stps in frnt of Front hash (HS)
#14	24	234	1.5 stps outside Right 30 yd In	3.5 stps in frnt of Front hash (HS)
#15	12	246	1.5 stps outside Right 30 yd In	3.5 stps in frnt of Front hash (HS)
#16	12	258	1.25 stps inside Right 30 yd In	on Front hash (HS)
#17	32	290	1.75 stps outside Right 35 yd In	11.5 stps behind Front side line
#18	8	298	1.75 stps outside Right 35 yd In	11.5 stps behind Front side line
#19	17	315	2.25 stps inside Right 35 yd In	3.0 stps behind Front side line

Ciara Black

Drill: Destination Africa Mvt. 1

Performing as cast member: Ciara Black Label: 84 Symbol: A ID:83

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.0 stp outside Left 30 yd In	8.0 stps behind Front hash (HS)
#2	16	16	1.0 stp outside Left 30 yd In	8.0 stps behind Front hash (HS)
#3	16	32	1.0 stp outside Left 30 yd In	8.0 stps behind Front hash (HS)
#4	16	48	2.0 stps inside Left 35 yd In	1.0 stps in frnt of Front hash (HS)
#5	18	66	2.0 stps inside Left 35 yd In	5.0 stps in frnt of Front hash (HS)
#6	16	82	1.5 stps inside Left 35 yd In	10.25 stps in frnt of Front hash (HS)
#7	16	98	On Left 35 yd In	10.25 stps behind Front side line
#8	12	110	On Left 35 yd In	8.0 stps behind Front side line
#9	12	122	1.75 stps inside Left 30 yd In	13.0 stps in frnt of Front hash (HS)
#10	24	146	3.0 stps inside Left 30 yd In	2.75 stps in frnt of Front hash (HS)
#11	24	170	3.0 stps inside Left 30 yd In	2.75 stps in frnt of Front hash (HS)
#12	24	194	On Left 40 yd In	8.25 stps in frnt of Front hash (HS)
#13	16	210	On Left 40 yd In	8.25 stps in frnt of Front hash (HS)
#14	24	234	0.25 stps outside Left 35 yd In	8.75 stps in frnt of Front hash (HS)
#15	12	246	0.25 stps outside Left 35 yd In	8.75 stps in frnt of Front hash (HS)
#16	12	258	0.5 stps inside Left 35 yd In	on Front hash (HS)
#17	32	290	3.5 stps outside Left 40 yd In	12.25 stps in frnt of Front hash (HS)
#18	8	298	3.5 stps outside Left 40 yd In	12.25 stps in frnt of Front hash (HS)
#19	17	315	0.5 stps outside Left 40 yd In	6.25 stps behind Front side line