

### Rickey Mutnansky

Drill: Destination Africa Mvt. 2

Performing as cast member: Rickey Mutnansky Label: 1 Symbol: S ID:1

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.75 stps outside Left 45 yd In	9.0 stps in frnt of Front hash (HS)
#2	16	16	0.5 stps inside Right 45 yd In	7.0 stps in frnt of Front hash (HS)
#3	20	36	On Right 40 yd In	0.75 stps behind Front side line
#4	16	52	On Right 40 yd In	0.75 stps behind Front side line
#5	32	84	On Right 40 yd In	0.75 stps behind Front side line
#6	32	116	On Right 40 yd In	0.75 stps behind Front side line
#7	40	156	On Right 40 yd In	0.75 stps behind Front side line
#8	20	176	On Right 40 yd In	0.75 stps behind Front side line

### Sean Duffy

Drill: Destination Africa Mvt. 2

Performing as cast member: Sean Duffy Label: 2 Symbol: S ID:2

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.0 stp inside Left 45 yd In	6.5 stps in frnt of Front hash (HS)
#2	16	16	1.25 stps outside Right 45 yd In	9.0 stps in frnt of Front hash (HS)
#3	20	36	2.0 stps inside Right 40 yd In	on Front side line
#4	16	52	2.0 stps inside Right 40 yd In	on Front side line
#5	32	84	2.0 stps inside Right 40 yd In	on Front side line
#6	32	116	2.0 stps inside Right 40 yd In	on Front side line
#7	40	156	2.0 stps inside Right 40 yd In	on Front side line
#8	20	176	2.0 stps inside Right 40 yd In	on Front side line

### Querron Smith

Drill: Destination Africa Mvt. 2

Performing as cast member: Querron Smith Label: 3 Symbol: Q ID:3

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.0 stps inside Left 45 yd In	4.25 stps in frnt of Front hash (HS)
#2	16	16	3.5 stps outside Right 45 yd In	11.25 stps in frnt of Front hash (HS)
#3	20	36	2.75 stps outside Right 45 yd In	on Front side line
#4	16	52	2.75 stps outside Right 45 yd In	on Front side line
#5	32	84	2.75 stps outside Right 45 yd In	on Front side line
#6	32	116	2.75 stps outside Right 45 yd In	on Front side line
#7	40	156	2.75 stps outside Right 45 yd In	on Front side line
#8	20	176	2.75 stps outside Right 45 yd In	on Front side line

### Haley Oresky

Drill: Destination Africa Mvt. 2

Performing as cast member: Haley Oresky Label: 4 Symbol: 1 ID:4

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.0 stps Left of 50 yd In	2.0 stps in frnt of Front hash (HS)
#2	16	16	2.25 stps inside Right 40 yd In	13.25 stps in frnt of Front hash (HS)
#3	20	36	On Right 45 yd In	on Front side line
#4	16	52	On Right 45 yd In	on Front side line
#5	32	84	On Right 45 yd In	on Front side line
#6	32	116	On Right 45 yd In	on Front side line
#7	40	156	On Right 45 yd In	on Front side line
#8	20	176	On Right 45 yd In	on Front side line

### Maritza Garcia

**Drill: Destination Africa Mvt. 2**

**Performing as cast member: Maritza Garcia Label: 5 Symbol: 2 ID:5**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.0 stp Left of 50 yd In	on Front hash (HS)
#2	16	16	0.25 stps inside Right 40 yd In	12.25 stps behind Front side line
#3	20	36	3.0 stps inside Right 45 yd In	on Front side line
#4	16	52	3.0 stps inside Right 45 yd In	on Front side line
#5	32	84	3.0 stps inside Right 45 yd In	on Front side line
#6	32	116	3.0 stps inside Right 45 yd In	on Front side line
#7	40	156	3.0 stps inside Right 45 yd In	on Front side line
#8	20	176	3.0 stps inside Right 45 yd In	on Front side line

### Dan Huerta

**Drill: Destination Africa Mvt. 2**

**Performing as cast member: Dan Huerta Label: 6 Symbol: 3 ID:6**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.75 stps Right of 50 yd In	on Front hash (HS)
#2	16	16	On Right 40 yd In	10.5 stps behind Front side line
#3	20	36	3.0 stps Right of 50 yd In	on Front side line
#4	16	52	3.0 stps Right of 50 yd In	on Front side line
#5	32	84	3.0 stps Right of 50 yd In	on Front side line
#6	32	116	3.0 stps Right of 50 yd In	on Front side line
#7	40	156	3.0 stps Right of 50 yd In	on Front side line
#8	20	176	3.0 stps Right of 50 yd In	on Front side line

### Bill Zurella

**Drill: Destination Africa Mvt. 2**

**Performing as cast member: Bill Zurella Label: 7 Symbol: 4 ID:7**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.75 stps Right of 50 yd In	2.25 stps in frnt of Front hash (HS)
#2	16	16	On Right 40 yd In	7.5 stps behind Front side line
#3	20	36	On 50 yd In	on Front side line
#4	16	52	On 50 yd In	on Front side line
#5	32	84	On 50 yd In	on Front side line
#6	32	116	On 50 yd In	on Front side line
#7	40	156	On 50 yd In	on Front side line
#8	20	176	On 50 yd In	on Front side line

### Hannah Rahm

**Drill: Destination Africa Mvt. 2**

**Performing as cast member: Hannah Rahm Label: 8 Symbol: C ID:30**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.25 stps inside Left 40 yd In	13.5 stps in frnt of Front hash (HS)
#2	16	16	1.5 stps inside Left 40 yd In	1.25 stps behind Front hash (HS)
#3	20	36	0.75 stps outside Left 45 yd In	10.0 stps in frnt of Back hash (HS)
#4	16	52	3.25 stps inside Left 45 yd In	10.25 stps in frnt of Back hash (HS)
#5	32	84	2.0 stps inside Right 35 yd In	2.0 stps in frnt of Front hash (HS)
#6	32	116	2.25 stps inside Right 45 yd In	7.5 stps behind Front side line
#7	40	156	1.0 stp inside Right 35 yd In	12.75 stps in frnt of Front hash (HS)
#8	20	176	1.75 stps inside Right 30 yd In	8.5 stps behind Front hash (HS)

### Jalissa Novotney

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.5 stps outside Left 40 yd In	10.5 stps behind Front side line
#2	16	16	3.25 stps inside Left 35 yd In	2.0 stps behind Front hash (HS)
#3	20	36	1.75 stps inside Left 40 yd In	13.0 stps in frnt of Back hash (HS)
#4	16	52	2.5 stps outside Left 45 yd In	10.5 stps in frnt of Back hash (HS)
#5	32	84	1.0 stp inside Right 40 yd In	0.25 stps behind Front hash (HS)
#6	32	116	2.75 stps inside Right 40 yd In	7.5 stps behind Front side line
#7	40	156	3.0 stps inside Right 30 yd In	5.75 stps in frnt of Front hash (HS)
#8	20	176	1.25 stps outside Right 35 yd In	12.25 stps in frnt of Back hash (HS)

### Jasmine Monroe

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps inside Left 35 yd In	13.5 stps behind Front side line
#2	16	16	2.75 stps outside Left 35 yd In	0.75 stps behind Front hash (HS)
#3	20	36	2.5 stps outside Left 40 yd In	10.75 stps behind Front hash (HS)
#4	16	52	0.5 stps outside Left 40 yd In	12.0 stps in frnt of Back hash (HS)
#5	32	84	0.5 stps inside Right 45 yd In	on Front hash (HS)
#6	32	116	3.75 stps inside Right 35 yd In	10.25 stps behind Front side line
#7	40	156	0.5 stps inside Right 35 yd In	1.0 stps behind Front hash (HS)
#8	20	176	2.25 stps outside Right 40 yd In	8.0 stps in frnt of Back hash (HS)

### Hannah Bruinius

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.75 stps outside Left 35 yd In	11.25 stps in frnt of Front hash (HS)
#2	16	16	1.75 stps inside Left 30 yd In	3.25 stps in frnt of Front hash (HS)
#3	20	36	1.75 stps inside Left 35 yd In	5.5 stps behind Front hash (HS)
#4	16	52	2.0 stps inside Left 35 yd In	12.75 stps behind Front hash (HS)
#5	32	84	0.25 stps Left of 50 yd In	on Front hash (HS)
#6	32	116	0.75 stps inside Right 35 yd In	10.75 stps in frnt of Front hash (HS)
#7	40	156	On Right 40 yd In	6.25 stps behind Front hash (HS)
#8	20	176	2.25 stps outside Right 45 yd In	5.5 stps in frnt of Back hash (HS)

### Amelia Foley

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Left 30 yd In	8.25 stps in frnt of Front hash (HS)
#2	16	16	2.0 stps outside Left 35 yd In	8.0 stps in frnt of Front hash (HS)
#3	20	36	On Left 35 yd In	on Front hash (HS)
#4	16	52	2.25 stps outside Left 35 yd In	8.5 stps behind Front hash (HS)
#5	32	84	On Left 45 yd In	on Front hash (HS)
#6	32	116	1.5 stps inside Right 35 yd In	3.25 stps in frnt of Front hash (HS)
#7	40	156	On Right 45 yd In	10.25 stps behind Front hash (HS)
#8	20	176	2.0 stps Right of 50 yd In	4.75 stps in frnt of Back hash (HS)

## Emily Van Sickle

### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.25 stps inside Left 30 yd In	9.75 stps in frnt of Front hash (HS)
#2	16	16	3.75 stps inside Left 30 yd In	5.75 stps in frnt of Front hash (HS)
#3	20	36	0.75 stps inside Left 35 yd In	2.75 stps behind Front hash (HS)
#4	16	52	On Left 35 yd In	10.75 stps behind Front hash (HS)
#5	32	84	3.75 stps inside Left 45 yd In	on Front hash (HS)
#6	32	116	0.5 stps inside Right 35 yd In	6.75 stps in frnt of Front hash (HS)
#7	40	156	3.75 stps outside Right 45 yd In	8.25 stps behind Front hash (HS)
#8	20	176	1.75 stps inside Right 45 yd In	4.75 stps in frnt of Back hash (HS)

## Angelina Quiles

### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.25 stps outside Left 35 yd In	12.75 stps in frnt of Front hash (HS)
#2	16	16	2.25 stps inside Left 30 yd In	0.5 stps in frnt of Front hash (HS)
#3	20	36	3.5 stps inside Left 35 yd In	8.25 stps behind Front hash (HS)
#4	16	52	3.25 stps outside Left 40 yd In	13.25 stps in frnt of Back hash (HS)
#5	32	84	3.5 stps Right of 50 yd In	on Front hash (HS)
#6	32	116	1.75 stps inside Right 35 yd In	13.5 stps behind Front side line
#7	40	156	3.75 stps outside Right 40 yd In	3.75 stps behind Front hash (HS)
#8	20	176	1.5 stps inside Right 40 yd In	6.5 stps in frnt of Back hash (HS)

## Deirdra Clarke

### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.0 stps outside Left 40 yd In	12.0 stps behind Front side line
#2	16	16	On Left 35 yd In	1.5 stps behind Front hash (HS)
#3	20	36	0.5 stps outside Left 40 yd In	12.75 stps behind Front hash (HS)
#4	16	52	2.25 stps inside Left 40 yd In	11.0 stps in frnt of Back hash (HS)
#5	32	84	3.0 stps outside Right 45 yd In	on Front hash (HS)
#6	32	116	1.0 stp outside Right 40 yd In	8.25 stps behind Front side line
#7	40	156	2.25 stps outside Right 35 yd In	2.25 stps in frnt of Front hash (HS)
#8	20	176	1.75 stps inside Right 35 yd In	9.75 stps in frnt of Back hash (HS)

## Angela Bosch

### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.25 stps inside Left 40 yd In	12.0 stps behind Front side line
#2	16	16	1.5 stps outside Left 40 yd In	1.75 stps behind Front hash (HS)
#3	20	36	3.5 stps outside Left 45 yd In	11.5 stps in frnt of Back hash (HS)
#4	16	52	0.25 stps inside Left 45 yd In	10.25 stps in frnt of Back hash (HS)
#5	32	84	2.75 stps outside Right 40 yd In	on Front hash (HS)
#6	32	116	1.25 stps outside Right 45 yd In	7.5 stps behind Front side line
#7	40	156	1.75 stps outside Right 35 yd In	9.25 stps in frnt of Front hash (HS)
#8	20	176	4.0 stps inside Right 30 yd In	12.25 stps behind Front hash (HS)

### Giana Pietkiewicz

#### Drill: Destination Africa Mvt. 2

Performing as cast member: Giana Pietkiewicz Label: 17 Symbol: C ID:12

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.5 stps outside Left 45 yd In	11.25 stps in frnt of Front hash (HS)
#2	16	16	3.25 stps outside Left 45 yd In	0.25 stps behind Front hash (HS)
#3	20	36	1.75 stps inside Left 45 yd In	9.25 stps in frnt of Back hash (HS)
#4	16	52	1.5 stps Left of 50 yd In	10.75 stps in frnt of Back hash (HS)
#5	32	84	0.5 stps inside Right 35 yd In	5.5 stps in frnt of Front hash (HS)
#6	32	116	1.75 stps Right of 50 yd In	7.75 stps behind Front side line
#7	40	156	3.75 stps outside Right 40 yd In	11.5 stps behind Front side line
#8	20	176	On Right 30 yd In	5.0 stps behind Front hash (HS)

### Kylah Maxwell

#### Drill: Destination Africa Mvt. 2

Performing as cast member: Kylah Maxwell Label: 18 Symbol: F ID:13

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.25 stps inside Right 45 yd In	4.5 stps in frnt of Front hash (HS)
#2	16	16	2.0 stps inside Right 45 yd In	4.0 stps in frnt of Front hash (HS)
#3	20	36	3.0 stps Left of 50 yd In	8.75 stps in frnt of Back hash (HS)
#4	16	52	1.0 stp Right of 50 yd In	11.75 stps in frnt of Back hash (HS)
#5	32	84	0.25 stps inside Right 35 yd In	9.25 stps in frnt of Front hash (HS)
#6	32	116	1.75 stps Left of 50 yd In	7.75 stps behind Front side line
#7	40	156	2.5 stps outside Left 40 yd In	12.25 stps behind Front side line
#8	20	176	2.0 stps outside Left 30 yd In	8.0 stps in frnt of Front hash (HS)

### Sinead Doogan

#### Drill: Destination Africa Mvt. 2

Performing as cast member: Sinead Doogan Label: 19 Symbol: F ID:14

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.25 stps inside Right 45 yd In	6.75 stps in frnt of Front hash (HS)
#2	16	16	On Right 45 yd In	1.5 stps in frnt of Front hash (HS)
#3	20	36	On 50 yd In	8.5 stps in frnt of Back hash (HS)
#4	16	52	3.75 stps Right of 50 yd In	13.0 stps in frnt of Back hash (HS)
#5	32	84	1.25 stps inside Right 35 yd In	13.0 stps in frnt of Front hash (HS)
#6	32	116	2.0 stps inside Left 45 yd In	8.0 stps behind Front side line
#7	40	156	1.5 stps inside Left 35 yd In	13.0 stps in frnt of Front hash (HS)
#8	20	176	2.5 stps outside Left 30 yd In	3.75 stps in frnt of Front hash (HS)

### Meg Miller

#### Drill: Destination Africa Mvt. 2

Performing as cast member: Meg Miller Label: 20 Symbol: F ID:15

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.5 stps outside Right 45 yd In	9.0 stps in frnt of Front hash (HS)
#2	16	16	1.75 stps outside Right 45 yd In	0.5 stps behind Front hash (HS)
#3	20	36	3.0 stps Right of 50 yd In	8.75 stps in frnt of Back hash (HS)
#4	16	52	1.25 stps inside Right 45 yd In	13.25 stps behind Front hash (HS)
#5	32	84	2.75 stps inside Right 35 yd In	11.0 stps behind Front side line
#6	32	116	1.5 stps outside Left 45 yd In	8.0 stps behind Front side line
#7	40	156	2.25 stps outside Left 35 yd In	10.5 stps in frnt of Front hash (HS)
#8	20	176	3.0 stps outside Left 30 yd In	0.25 stps behind Front hash (HS)

### Morgan Markowicz

Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Right 35 yd In	13.0 stps in frnt of Front hash (HS)
#2	16	16	0.75 stps outside Right 35 yd In	5.5 stps in frnt of Front hash (HS)
#3	20	36	3.25 stps inside Right 35 yd In	8.25 stps behind Front hash (HS)
#4	16	52	1.0 stp outside Right 40 yd In	4.25 stps in frnt of Front hash (HS)
#5	32	84	3.5 stps inside Left 45 yd In	8.0 stps behind Front side line
#6	32	116	On Left 35 yd In	4.75 stps in frnt of Front hash (HS)
#7	40	156	2.0 stps outside Left 45 yd In	9.5 stps behind Front hash (HS)
#8	20	176	1.75 stps inside Left 40 yd In	8.0 stps in frnt of Back hash (HS)

### Lucas Kantzler

Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.25 stps inside Right 35 yd In	13.25 stps behind Front side line
#2	16	16	1.5 stps inside Right 35 yd In	7.0 stps in frnt of Front hash (HS)
#3	20	36	2.5 stps outside Right 40 yd In	10.75 stps behind Front hash (HS)
#4	16	52	0.5 stps outside Right 40 yd In	1.25 stps in frnt of Front hash (HS)
#5	32	84	0.5 stps Left of 50 yd In	7.75 stps behind Front side line
#6	32	116	0.25 stps outside Left 35 yd In	8.5 stps in frnt of Front hash (HS)
#7	40	156	1.25 stps inside Left 40 yd In	8.0 stps behind Front hash (HS)
#8	20	176	2.0 stps outside Left 40 yd In	9.75 stps in frnt of Back hash (HS)

### Colleen Burns

Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.0 stps outside Right 40 yd In	11.75 stps behind Front side line
#2	16	16	3.5 stps outside Right 40 yd In	6.5 stps in frnt of Front hash (HS)
#3	20	36	0.5 stps outside Right 40 yd In	12.75 stps behind Front hash (HS)
#4	16	52	On Right 40 yd In	1.5 stps behind Front hash (HS)
#5	32	84	3.0 stps Right of 50 yd In	7.5 stps behind Front side line
#6	32	116	0.25 stps inside Left 35 yd In	12.25 stps in frnt of Front hash (HS)
#7	40	156	2.25 stps outside Left 40 yd In	5.5 stps behind Front hash (HS)
#8	20	176	2.25 stps inside Left 35 yd In	12.0 stps in frnt of Back hash (HS)

### Nyssa Wagner

Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.5 stps outside Right 45 yd In	11.25 stps in frnt of Front hash (HS)
#2	16	16	3.5 stps inside Right 40 yd In	2.0 stps behind Front hash (HS)
#3	20	36	1.75 stps inside Right 45 yd In	9.25 stps in frnt of Back hash (HS)
#4	16	52	0.75 stps outside Right 45 yd In	11.5 stps behind Front hash (HS)
#5	32	84	2.25 stps outside Right 40 yd In	8.75 stps behind Front side line
#6	32	116	2.5 stps inside Left 40 yd In	8.0 stps behind Front side line
#7	40	156	2.0 stps inside Left 30 yd In	8.0 stps in frnt of Front hash (HS)
#8	20	176	1.25 stps outside Left 30 yd In	4.0 stps behind Front hash (HS)

**Brooklyn Hohman****Drill: Destination Africa Mvt. 2****Performing as cast member: Brooklyn Hohman Label: 25 Symbol: F ID:20**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.5 stps inside Right 40 yd In	13.5 stps in frnt of Front hash (HS)
#2	16	16	1.0 stp inside Right 40 yd In	1.0 stps behind Front hash (HS)
#3	20	36	0.75 stps outside Right 45 yd In	10.0 stps in frnt of Back hash (HS)
#4	16	52	3.0 stps outside Right 45 yd In	9.25 stps behind Front hash (HS)
#5	32	84	1.25 stps inside Right 40 yd In	7.75 stps behind Front side line
#6	32	116	1.0 stp outside Left 40 yd In	7.75 stps behind Front side line
#7	40	156	3.5 stps outside Left 35 yd In	4.0 stps in frnt of Front hash (HS)
#8	20	176	1.25 stps inside Left 30 yd In	7.0 stps behind Front hash (HS)

**Isabella Villamil****Drill: Destination Africa Mvt. 2****Performing as cast member: Isabella Villamil Label: 26 Symbol: F ID:21**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.5 stps inside Right 40 yd In	12.0 stps behind Front side line
#2	16	16	0.25 stps outside Right 40 yd In	1.5 stps in frnt of Front hash (HS)
#3	20	36	3.5 stps outside Right 45 yd In	11.5 stps in frnt of Back hash (HS)
#4	16	52	3.0 stps inside Right 40 yd In	6.75 stps behind Front hash (HS)
#5	32	84	2.75 stps outside Right 45 yd In	7.5 stps behind Front side line
#6	32	116	3.0 stps inside Left 35 yd In	8.5 stps behind Front side line
#7	40	156	1.0 stp outside Left 35 yd In	0.25 stps in frnt of Front hash (HS)
#8	20	176	3.75 stps outside Left 35 yd In	10.25 stps behind Front hash (HS)

**Annabel Viravec****Drill: Destination Africa Mvt. 2****Performing as cast member: Annabel Viravec Label: 27 Symbol: F ID:22**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.25 stps outside Right 40 yd In	10.25 stps behind Front side line
#2	16	16	1.75 stps outside Right 40 yd In	4.25 stps in frnt of Front hash (HS)
#3	20	36	1.75 stps inside Right 40 yd In	13.0 stps in frnt of Back hash (HS)
#4	16	52	1.25 stps inside Right 40 yd In	4.25 stps behind Front hash (HS)
#5	32	84	0.75 stps inside Right 45 yd In	7.5 stps behind Front side line
#6	32	116	1.5 stps inside Left 35 yd In	12.0 stps behind Front side line
#7	40	156	1.75 stps inside Left 35 yd In	2.75 stps behind Front hash (HS)
#8	20	176	0.75 stps outside Left 35 yd In	13.25 stps behind Front hash (HS)

**Angel Foney****Drill: Destination Africa Mvt. 2****Performing as cast member: Angel Foney Label: 28 Symbol: F ID:23**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Right 30 yd In	8.5 stps in frnt of Front hash (HS)
#2	16	16	On Right 30 yd In	on Front hash (HS)
#3	20	36	On Right 35 yd In	on Front hash (HS)
#4	16	52	0.25 stps outside Right 40 yd In	13.25 stps in frnt of Front hash (HS)
#5	32	84	On Left 40 yd In	8.0 stps behind Front side line
#6	32	116	1.0 stp inside Left 40 yd In	on Front hash (HS)
#7	40	156	3.25 stps Right of 50 yd In	10.5 stps behind Front hash (HS)
#8	20	176	2.0 stps Left of 50 yd In	5.0 stps in frnt of Back hash (HS)

**Brooke Scanlon****Drill: Destination Africa Mvt. 2****Performing as cast member: Brooke Scanlon Label: 29 Symbol: F ID:24**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.5 stps inside Right 30 yd In	10.0 stps in frnt of Front hash (HS)
#2	16	16	2.25 stps inside Right 30 yd In	1.5 stps in frnt of Front hash (HS)
#3	20	36	0.75 stps inside Right 35 yd In	2.75 stps behind Front hash (HS)
#4	16	52	0.75 stps outside Right 40 yd In	10.25 stps in frnt of Front hash (HS)
#5	32	84	3.75 stps inside Left 40 yd In	8.0 stps behind Front side line
#6	32	116	2.75 stps outside Left 40 yd In	on Front hash (HS)
#7	40	156	1.25 stps Left of 50 yd In	10.75 stps behind Front hash (HS)
#8	20	176	1.75 stps inside Left 45 yd In	5.75 stps in frnt of Back hash (HS)

**MaddyDeanne****Drill: Destination Africa Mvt. 2****Performing as cast member: MaddyDeanne Label: 30 Symbol: F ID:25**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.75 stps outside Right 35 yd In	11.5 stps in frnt of Front hash (HS)
#2	16	16	3.25 stps outside Right 35 yd In	3.5 stps in frnt of Front hash (HS)
#3	20	36	1.75 stps inside Right 35 yd In	5.5 stps behind Front hash (HS)
#4	16	52	1.0 stp outside Right 40 yd In	7.25 stps in frnt of Front hash (HS)
#5	32	84	0.25 stps outside Left 45 yd In	8.0 stps behind Front side line
#6	32	116	1.5 stps inside Left 35 yd In	1.25 stps in frnt of Front hash (HS)
#7	40	156	2.0 stps inside Left 45 yd In	10.5 stps behind Front hash (HS)
#8	20	176	2.25 stps outside Left 45 yd In	6.75 stps in frnt of Back hash (HS)

**Kris Symanski****Drill: Destination Africa Mvt. 2****Performing as cast member: Kris Symanski Label: 31 Symbol: S ID:31**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.75 stps outside Right 35 yd In	on Front side line
#2	16	16	1.0 stp outside Right 40 yd In	1.5 stps behind Front side line
#3	20	36	3.75 stps Right of 50 yd In	3.75 stps behind Front side line
#4	16	52	0.75 stps Right of 50 yd In	7.5 stps in frnt of Front hash (HS)
#5	32	84	3.75 stps outside Left 35 yd In	13.75 stps behind Front side line
#6	32	116	On Left 30 yd In	9.25 stps in frnt of Front hash (HS)
#7	40	156	On Left 40 yd In	1.0 stps in frnt of Front hash (HS)
#8	20	176	1.25 stps outside Left 40 yd In	3.5 stps behind Front hash (HS)

**Ian Moran****Drill: Destination Africa Mvt. 2****Performing as cast member: Ian Moran Label: 32 Symbol: S ID:32**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.0 stp outside Right 35 yd In	0.75 stps behind Front side line
#2	16	16	0.75 stps inside Right 40 yd In	2.75 stps behind Front side line
#3	20	36	1.75 stps Right of 50 yd In	5.0 stps behind Front side line
#4	16	52	0.5 stps Left of 50 yd In	10.0 stps in frnt of Front hash (HS)
#5	32	84	2.0 stps inside Left 30 yd In	11.25 stps in frnt of Front hash (HS)
#6	32	116	On Left 30 yd In	5.75 stps in frnt of Front hash (HS)
#7	40	156	3.0 stps inside Left 40 yd In	0.75 stps behind Front hash (HS)
#8	20	176	1.5 stps inside Left 40 yd In	2.75 stps behind Front hash (HS)



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**Paul Deanne**

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**Drill: Destination Africa Mvt. 2****Performing as cast member: Paul Deanne Label: 33 Symbol: S ID:33**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.5 stps inside Right 35 yd In	1.75 stps behind Front side line
#2	16	16	2.5 stps inside Right 40 yd In	3.75 stps behind Front side line
#3	20	36	On Left 50 yd In	6.5 stps behind Front side line
#4	16	52	2.75 stps Left of 50 yd In	12.0 stps in frnt of Front hash (HS)
#5	32	84	0.75 stps inside Left 30 yd In	8.0 stps in frnt of Front hash (HS)
#6	32	116	On Left 30 yd In	2.0 stps in frnt of Front hash (HS)
#7	40	156	1.5 stps outside Left 45 yd In	2.25 stps behind Front hash (HS)
#8	20	176	3.0 stps outside Left 45 yd In	2.5 stps behind Front hash (HS)

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**Logan Dunlap**

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**Drill: Destination Africa Mvt. 2****Performing as cast member: Logan Dunlap Label: 34 Symbol: B ID:34**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.75 stps outside Right 40 yd In	4.0 stps behind Front side line
#2	16	16	1.5 stps outside Right 45 yd In	6.25 stps behind Front side line
#3	20	36	3.75 stps inside Left 45 yd In	9.5 stps behind Front side line
#4	16	52	On Left 45 yd In	12.25 stps behind Front side line
#5	32	84	0.75 stps outside Left 30 yd In	1.75 stps in frnt of Front hash (HS)
#6	32	116	1.5 stps inside Left 30 yd In	5.0 stps behind Front hash (HS)
#7	40	156	2.5 stps Left of 50 yd In	3.75 stps behind Front hash (HS)
#8	20	176	3.0 stps inside Left 45 yd In	2.75 stps behind Front hash (HS)

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**Brandon Belle**

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**Drill: Destination Africa Mvt. 2****Performing as cast member: Brandon Belle Label: 35 Symbol: B ID:35**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps outside Right 40 yd In	5.25 stps behind Front side line
#2	16	16	On Right 45 yd In	7.5 stps behind Front side line
#3	20	36	1.75 stps inside Left 45 yd In	10.75 stps behind Front side line
#4	16	52	2.25 stps outside Left 45 yd In	11.0 stps behind Front side line
#5	32	84	0.75 stps outside Left 30 yd In	1.5 stps behind Front hash (HS)
#6	32	116	3.25 stps inside Left 30 yd In	8.25 stps behind Front hash (HS)
#7	40	156	1.0 stp Right of 50 yd In	3.75 stps behind Front hash (HS)
#8	20	176	1.75 stps Left of 50 yd In	3.5 stps behind Front hash (HS)

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**Chris Thomas**

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**Drill: Destination Africa Mvt. 2****Performing as cast member: Chris Thomas Label: 36 Symbol: B ID:36**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.5 stps outside Right 40 yd In	6.25 stps behind Front side line
#2	16	16	2.0 stps inside Right 45 yd In	8.75 stps behind Front side line
#3	20	36	On Left 45 yd In	12.25 stps behind Front side line
#4	16	52	2.5 stps inside Left 40 yd In	9.75 stps behind Front side line
#5	32	84	0.5 stps outside Left 30 yd In	4.75 stps behind Front hash (HS)
#6	32	116	1.75 stps outside Left 35 yd In	10.5 stps behind Front hash (HS)
#7	40	156	3.25 stps inside Right 45 yd In	3.5 stps behind Front hash (HS)
#8	20	176	1.0 stp Right of 50 yd In	4.75 stps behind Front hash (HS)

**Bryan Witte****Drill: Destination Africa Mvt. 2****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 inside Right 40 yd In	7.25 stps behind Front side line
#2	16	16	3.75 stps inside Right 45 yd In	8.75 stps behind Front side line
#3	20	36	2.0 stps outside Left 45 yd In	10.75 stps behind Front side line
#4	16	52	On Left 40 yd In	9.0 stps behind Front side line
#5	32	84	0.5 stps inside Left 30 yd In	8.0 stps behind Front hash (HS)
#6	32	116	1.5 stps inside Left 35 yd In	11.75 stps behind Front hash (HS)
#7	40	156	On Right 45 yd In	2.5 stps behind Front hash (HS)
#8	20	176	3.75 stps Right of 50 yd In	6.25 stps behind Front hash (HS)

**Luke Hanlon****Drill: Destination Africa Mvt. 2****Performing as cast member: Luke Hanlon Label: 38 Symbol: R ID:38**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.75 stps inside Right 40 yd In	8.5 stps behind Front side line
#2	16	16	2.0 stps Right of 50 yd In	8.75 stps behind Front side line
#3	20	36	3.75 stps inside Left 40 yd In	9.25 stps behind Front side line
#4	16	52	3.0 stps outside Left 40 yd In	8.75 stps behind Front side line
#5	32	84	2.25 stps inside Left 30 yd In	10.75 stps behind Front hash (HS)
#6	32	116	2.5 stps outside Left 40 yd In	12.0 stps behind Front hash (HS)
#7	40	156	3.25 stps outside Right 45 yd In	1.25 stps behind Front hash (HS)
#8	20	176	1.5 stps inside Right 45 yd In	8.0 stps behind Front hash (HS)

**Isaiah Jones****Drill: Destination Africa Mvt. 2****Performing as cast member: Isaiah Jones Label: 39 Symbol: R ID:39**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.25 stps outside Right 45 yd In	9.5 stps behind Front side line
#2	16	16	0.25 stps Right of 50 yd In	8.75 stps behind Front side line
#3	20	36	1.75 stps inside Left 40 yd In	8.0 stps behind Front side line
#4	16	52	1.75 stps inside Left 35 yd In	8.75 stps behind Front side line
#5	32	84	3.25 stps outside Left 35 yd In	13.0 stps behind Front hash (HS)
#6	32	116	0.75 stps inside Left 40 yd In	11.75 stps behind Front hash (HS)
#7	40	156	1.5 stps inside Right 40 yd In	0.25 stps in frnt of Front hash (HS)
#8	20	176	0.5 stps outside Right 45 yd In	10.25 stps behind Front hash (HS)

**Liam Kantzler****Drill: Destination Africa Mvt. 2****Performing as cast member: Liam Kantzler Label: 40 Symbol: R ID:40**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.75 stps inside Right 45 yd In	12.75 stps behind Front side line
#2	16	16	2.75 stps inside Left 45 yd In	9.0 stps behind Front side line
#3	20	36	3.75 stps inside Left 35 yd In	3.75 stps behind Front side line
#4	16	52	0.75 stps inside Left 30 yd In	10.25 stps behind Front side line
#5	32	84	3.75 stps outside Left 40 yd In	7.75 stps in frnt of Back hash (HS)
#6	32	116	4.0 stps Left of 50 yd In	12.0 stps behind Front hash (HS)
#7	40	156	2.0 stps inside Right 35 yd In	8.0 stps in frnt of Front hash (HS)
#8	20	176	2.0 stps inside Right 40 yd In	9.75 stps in frnt of Back hash (HS)

## Regina Gonzalez

Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.75 stps Right of 50 yd In	11.75 stps in frnt of Front hash (HS)
#2	16	16	0.75 stps Left of 50 yd In	2.25 stps in frnt of Front hash (HS)
#3	20	36	3.0 stps inside Left 45 yd In	1.5 stps behind Front hash (HS)
#4	16	52	3.5 stps inside Left 40 yd In	2.75 stps in frnt of Front hash (HS)
#5	32	84	1.5 stps outside Left 35 yd In	11.5 stps behind Front side line
#6	32	116	0.5 stps inside Left 30 yd In	13.0 stps in frnt of Front hash (HS)
#7	40	156	2.5 stps outside Left 40 yd In	3.25 stps in frnt of Front hash (HS)
#8	20	176	3.5 stps inside Left 35 yd In	4.5 stps behind Front hash (HS)

## CJ Kompare

Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.5 stps inside Right 45 yd In	13.75 stps in frnt of Front hash (HS)
#2	16	16	On 50 yd In	3.0 stps behind Front hash (HS)
#3	20	36	3.0 stps inside Left 45 yd In	8.0 stps behind Front hash (HS)
#4	16	52	0.5 stps outside Left 45 yd In	2.0 stps behind Front hash (HS)
#5	32	84	4.0 stps outside Left 40 yd In	8.0 stps behind Front side line
#6	32	116	3.0 stps inside Left 30 yd In	7.75 stps behind Front side line
#7	40	156	1.0 stp inside Left 35 yd In	8.75 stps in frnt of Front hash (HS)
#8	20	176	1.5 stps outside Left 35 yd In	7.75 stps behind Front hash (HS)

## Matt Miglieri

Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.5 stps Right of 50 yd In	12.75 stps in frnt of Front hash (HS)
#2	16	16	On Left 50 yd In	0.5 stps behind Front hash (HS)
#3	20	36	3.25 stps inside Left 45 yd In	4.75 stps behind Front hash (HS)
#4	16	52	2.25 stps outside Left 45 yd In	0.5 stps in frnt of Front hash (HS)
#5	32	84	1.0 stp inside Left 35 yd In	9.5 stps behind Front side line
#6	32	116	1.5 stps inside Left 30 yd In	11.25 stps behind Front side line
#7	40	156	3.0 stps inside Left 35 yd In	6.0 stps in frnt of Front hash (HS)
#8	20	176	0.75 stps inside Left 35 yd In	6.0 stps behind Front hash (HS)

## Joe Sullivan

Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.5 stps outside Right 45 yd In	10.75 stps behind Front side line
#2	16	16	1.25 stps Left of 50 yd In	8.75 stps behind Front side line
#3	20	36	On Left 40 yd In	6.5 stps behind Front side line
#4	16	52	1.0 stp outside Left 35 yd In	9.25 stps behind Front side line
#5	32	84	0.75 stps outside Left 35 yd In	12.5 stps in frnt of Back hash (HS)
#6	32	116	3.25 stps outside Left 45 yd In	12.0 stps behind Front hash (HS)
#7	40	156	1.25 stps outside Right 40 yd In	2.5 stps in frnt of Front hash (HS)
#8	20	176	2.75 stps outside Right 45 yd In	12.5 stps behind Front hash (HS)

### Lena Smith

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Right 45 yd In	11.75 stps behind Front side line
#2	16	16	3.25 stps Left of 50 yd In	9.0 stps behind Front side line
#3	20	36	2.0 stps outside Left 40 yd In	5.0 stps behind Front side line
#4	16	52	3.75 stps inside Left 30 yd In	9.75 stps behind Front side line
#5	32	84	1.5 stps inside Left 35 yd In	10.25 stps in frnt of Back hash (HS)
#6	32	116	0.25 stps inside Left 45 yd In	12.0 stps behind Front hash (HS)
#7	40	156	3.75 stps outside Right 40 yd In	5.0 stps in frnt of Front hash (HS)
#8	20	176	3.25 stps inside Right 40 yd In	12.75 stps in frnt of Back hash (HS)

### Jasmine Robbins

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.75 stps Left of 50 yd In	11.75 stps in frnt of Front hash (HS)
#2	16	16	2.0 stps Left of 50 yd In	5.25 stps in frnt of Front hash (HS)
#3	20	36	2.0 stps inside Left 45 yd In	1.5 stps in frnt of Front hash (HS)
#4	16	52	0.75 stps inside Left 40 yd In	4.75 stps in frnt of Front hash (HS)
#5	32	84	4.0 stps inside Right 40 yd In	10.0 stps in frnt of Front hash (HS)
#6	32	116	4.0 stps inside Right 40 yd In	10.0 stps in frnt of Front hash (HS)
#7	40	156	1.5 stps inside Right 40 yd In	10.0 stps in frnt of Front hash (HS)
#8	20	176	4.0 stps inside Right 30 yd In	3.0 stps behind Front hash (HS)

### Cameron Dunlap

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.5 stps Left of 50 yd In	12.75 stps in frnt of Front hash (HS)
#2	16	16	3.75 stps Left of 50 yd In	8.0 stps in frnt of Front hash (HS)
#3	20	36	0.75 stps inside Left 45 yd In	4.25 stps in frnt of Front hash (HS)
#4	16	52	1.75 stps outside Left 40 yd In	6.0 stps in frnt of Front hash (HS)
#5	32	84	On Right 45 yd In	10.0 stps in frnt of Front hash (HS)
#6	32	116	On Right 45 yd In	10.0 stps in frnt of Front hash (HS)
#7	40	156	2.5 stps outside Right 45 yd In	7.0 stps in frnt of Front hash (HS)
#8	20	176	0.25 stps outside Right 35 yd In	1.5 stps behind Front hash (HS)

### Stella Tarlin

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.5 stps inside Left 45 yd In	14.0 stps behind Front side line
#2	16	16	1.0 stp inside Left 45 yd In	9.25 stps in frnt of Front hash (HS)
#3	20	36	1.25 stps outside Left 45 yd In	6.75 stps in frnt of Front hash (HS)
#4	16	52	2.75 stps inside Left 35 yd In	6.75 stps in frnt of Front hash (HS)
#5	32	84	4.0 stps inside Right 45 yd In	10.0 stps in frnt of Front hash (HS)
#6	32	116	4.0 stps inside Right 45 yd In	10.0 stps in frnt of Front hash (HS)
#7	40	156	1.75 stps inside Right 45 yd In	4.75 stps in frnt of Front hash (HS)
#8	20	176	3.25 stps inside Right 35 yd In	0.5 stps behind Front hash (HS)

## Ryan Rahn

### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.75 stps inside Left 45 yd In	12.75 stps behind Front side line
#2	16	16	2.0 stps outside Left 45 yd In	9.0 stps in frnt of Front hash (HS)
#3	20	36	3.75 stps outside Left 45 yd In	8.75 stps in frnt of Front hash (HS)
#4	16	52	0.25 stps outside Left 35 yd In	7.0 stps in frnt of Front hash (HS)
#5	32	84	On 50 yd In	10.0 stps in frnt of Front hash (HS)
#6	32	116	On 50 yd In	10.0 stps in frnt of Front hash (HS)
#7	40	156	1.0 stp Right of 50 yd In	4.0 stps in frnt of Front hash (HS)
#8	20	176	0.5 stps outside Right 40 yd In	on Front hash (HS)

## Benas Alcauskas

### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Left 45 yd In	11.75 stps behind Front side line
#2	16	16	2.5 stps inside Left 40 yd In	8.25 stps in frnt of Front hash (HS)
#3	20	36	1.25 stps inside Left 40 yd In	10.25 stps in frnt of Front hash (HS)
#4	16	52	3.5 stps outside Left 35 yd In	6.25 stps in frnt of Front hash (HS)
#5	32	84	4.0 stps Left of 50 yd In	10.0 stps in frnt of Front hash (HS)
#6	32	116	4.0 stps Left of 50 yd In	10.0 stps in frnt of Front hash (HS)
#7	40	156	3.5 stps Left of 50 yd In	4.25 stps in frnt of Front hash (HS)
#8	20	176	3.0 stps inside Right 40 yd In	on Front hash (HS)

## Myles Hines

### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.5 stps outside Left 45 yd In	10.5 stps behind Front side line
#2	16	16	0.25 stps outside Left 40 yd In	6.75 stps in frnt of Front hash (HS)
#3	20	36	1.5 stps outside Left 40 yd In	11.25 stps in frnt of Front hash (HS)
#4	16	52	1.25 stps inside Left 30 yd In	5.25 stps in frnt of Front hash (HS)
#5	32	84	On Left 45 yd In	10.0 stps in frnt of Front hash (HS)
#6	32	116	On Left 45 yd In	10.0 stps in frnt of Front hash (HS)
#7	40	156	0.25 stps outside Left 45 yd In	5.75 stps in frnt of Front hash (HS)
#8	20	176	0.75 stps outside Right 45 yd In	on Front hash (HS)

## Colin McCarthy

### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.25 stps outside Left 45 yd In	9.5 stps behind Front side line
#2	16	16	3.0 stps outside Left 40 yd In	5.5 stps in frnt of Front hash (HS)
#3	20	36	3.0 stps inside Left 35 yd In	11.5 stps in frnt of Front hash (HS)
#4	16	52	1.25 stps outside Left 30 yd In	3.5 stps in frnt of Front hash (HS)
#5	32	84	4.0 stps outside Left 45 yd In	10.0 stps in frnt of Front hash (HS)
#6	32	116	4.0 stps outside Left 45 yd In	10.0 stps in frnt of Front hash (HS)
#7	40	156	3.25 stps inside Left 40 yd In	8.25 stps in frnt of Front hash (HS)
#8	20	176	3.0 stps inside Right 45 yd In	1.0 stps behind Front hash (HS)

### Colleen Knight

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Left 45 yd In	3.0 stps behind Front side line
#2	16	16	On Left 45 yd In	3.0 stps behind Front side line
#3	20	36	On Left 45 yd In	3.0 stps behind Front side line
#4	16	52	1.0 stp outside Left 30 yd In	11.0 stps behind Front side line
#5	32	84	3.75 stps outside Left 45 yd In	0.5 stps behind Front hash (HS)
#6	32	116	3.5 stps outside Right 40 yd In	0.5 stps in frnt of Front hash (HS)
#7	40	156	On Right 40 yd In	12.0 stps in frnt of Front hash (HS)
#8	20	176	On Right 40 yd In	12.0 stps in frnt of Front hash (HS)

### Daniela Salazar

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.75 stps inside Left 40 yd In	8.5 stps behind Front side line
#2	16	16	2.0 stps inside Left 35 yd In	4.0 stps in frnt of Front hash (HS)
#3	20	36	On Left 35 yd In	11.25 stps in frnt of Front hash (HS)
#4	16	52	3.5 stps outside Left 30 yd In	1.25 stps in frnt of Front hash (HS)
#5	32	84	0.25 stps inside Left 40 yd In	2.0 stps behind Front hash (HS)
#6	32	116	On Right 40 yd In	0.25 stps behind Front hash (HS)
#7	40	156	3.25 stps inside Right 40 yd In	8.25 stps in frnt of Front hash (HS)
#8	20	176	3.0 stps Left of 50 yd In	2.0 stps in frnt of Front hash (HS)

### Sarah Hughes

#### Drill: Destination Africa Mvt. 2

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 outside Left 40 yd In	5.25 stps behind Front side line
#2	16	16	On Left 35 yd In	13.25 stps in frnt of Front hash (HS)
#3	20	36	1.75 stps inside Left 30 yd In	8.75 stps in frnt of Front hash (HS)
#4	16	52	1.25 stps inside Left 25 yd In	4.25 stps behind Front hash (HS)
#5	32	84	3.75 stps outside Left 40 yd In	8.5 stps behind Front hash (HS)
#6	32	116	On Right 45 yd In	on Front hash (HS)
#7	40	156	3.5 stps Right of 50 yd In	4.25 stps in frnt of Front hash (HS)
#8	20	176	1.75 stps outside Left 45 yd In	7.0 stps in frnt of Front hash (HS)

### Liam Duffy

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.25 stps inside Left 35 yd In	3.0 stps behind Front side line
#2	16	16	2.25 stps inside Left 30 yd In	12.75 stps behind Front side line
#3	20	36	2.25 stps outside Left 30 yd In	4.0 stps in frnt of Front hash (HS)
#4	16	52	0.5 stps inside Left 25 yd In	10.5 stps behind Front hash (HS)
#5	32	84	2.25 stps outside Left 40 yd In	11.75 stps in frnt of Back hash (HS)
#6	32	116	On Right 50 yd In	on Front hash (HS)
#7	40	156	1.75 stps inside Left 45 yd In	4.75 stps in frnt of Front hash (HS)
#8	20	176	1.25 stps outside Left 40 yd In	10.5 stps in frnt of Front hash (HS)

**Andrew Corona****Drill: Destination Africa Mvt. 2****Performing as cast member: Andrew Corona Label: 58 Symbol: A ID:57**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.5 stps inside Left 35 yd In	1.75 stps behind Front side line
#2	16	16	0.75 stps outside Left 30 yd In	13.25 stps behind Front side line
#3	20	36	3.75 stps outside Left 30 yd In	1.25 stps in frnt of Front hash (HS)
#4	16	52	1.0 stp inside Left 25 yd In	13.75 stps behind Front hash (HS)
#5	32	84	0.25 stps inside Left 40 yd In	8.75 stps in frnt of Back hash (HS)
#6	32	116	3.75 stps Left of 50 yd In	on Front hash (HS)
#7	40	156	2.5 stps outside Left 45 yd In	7.0 stps in frnt of Front hash (HS)
#8	20	176	2.25 stps inside Left 35 yd In	11.25 stps in frnt of Front hash (HS)

**Vianey Martinez****Drill: Destination Africa Mvt. 2****Performing as cast member: Vianey Martinez Label: 59 Symbol: A ID:58**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.75 stps outside Left 40 yd In	4.0 stps behind Front side line
#2	16	16	2.5 stps outside Left 35 yd In	13.0 stps behind Front side line
#3	20	36	0.25 stps outside Left 30 yd In	6.75 stps in frnt of Front hash (HS)
#4	16	52	0.5 stps inside Left 25 yd In	7.25 stps behind Front hash (HS)
#5	32	84	3.75 stps outside Left 40 yd In	12.5 stps behind Front hash (HS)
#6	32	116	3.75 stps inside Right 45 yd In	on Front hash (HS)
#7	40	156	1.0 stp Left of 50 yd In	4.0 stps in frnt of Front hash (HS)
#8	20	176	2.5 stps inside Left 40 yd In	9.0 stps in frnt of Front hash (HS)

**Carl McMillan****Drill: Destination Africa Mvt. 2****Performing as cast member: Carl McMillan Label: 60 Symbol: A ID:59**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.0 stp outside Left 35 yd In	0.75 stps behind Front side line
#2	16	16	3.75 stps outside Left 30 yd In	13.5 stps in frnt of Front hash (HS)
#3	20	36	3.0 stps inside Left 25 yd In	1.75 stps behind Front hash (HS)
#4	16	52	2.25 stps inside Left 25 yd In	11.0 stps in frnt of Back hash (HS)
#5	32	84	3.75 stps outside Left 45 yd In	7.25 stps in frnt of Back hash (HS)
#6	32	116	0.25 stps inside Left 45 yd In	on Front hash (HS)
#7	40	156	1.5 stps inside Left 40 yd In	10.0 stps in frnt of Front hash (HS)
#8	20	176	1.75 stps outside Left 35 yd In	10.75 stps in frnt of Front hash (HS)

**Max Schultz****Drill: Destination Africa Mvt. 2****Performing as cast member: Max Schultz Label: 61 Symbol: A ID:60**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.75 stps outside Left 35 yd In	on Front side line
#2	16	16	1.25 stps inside Left 25 yd In	12.5 stps in frnt of Front hash (HS)
#3	20	36	3.0 stps inside Left 25 yd In	5.0 stps behind Front hash (HS)
#4	16	52	3.5 stps outside Left 30 yd In	8.5 stps in frnt of Back hash (HS)
#5	32	84	On Left 45 yd In	7.25 stps in frnt of Back hash (HS)
#6	32	116	3.5 stps outside Left 45 yd In	0.5 stps behind Front hash (HS)
#7	40	156	On Left 40 yd In	12.0 stps in frnt of Front hash (HS)
#8	20	176	2.0 stps inside Left 30 yd In	10.0 stps in frnt of Front hash (HS)

### Jessica Patrick

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.0 stp outside Left 35 yd In	12.0 stps in frnt of Back hash (HS)
#2	16	16	1.75 stps inside Left 30 yd In	on Back hash (HS)
#3	20	36	2.5 stps inside Left 30 yd In	on Back hash (HS)
#4	16	52	1.0 stp inside Left 30 yd In	13.0 stps in frnt of Back hash (HS)
#5	32	84	On Left 30 yd In	8.75 stps in frnt of Back hash (HS)
#6	32	116	On Right 50 yd In	1.5 stps in frnt of Back hash (HS)
#7	40	156	3.75 stps outside Right 45 yd In	1.0 stps in frnt of Back hash (HS)
#8	20	176	2.25 stps inside Right 40 yd In	4.75 stps behind Back hash (HS)

### Shioban Moran

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Right 30 yd In	12.25 stps in frnt of Back hash (HS)
#2	16	16	1.5 stps inside Right 30 yd In	on Back hash (HS)
#3	20	36	2.25 stps inside Right 30 yd In	on Back hash (HS)
#4	16	52	1.5 stps inside Right 35 yd In	6.75 stps in frnt of Back hash (HS)
#5	32	84	0.5 stps outside Right 35 yd In	11.75 stps behind Front hash (HS)
#6	32	116	0.5 stps outside Right 35 yd In	11.75 stps behind Front hash (HS)
#7	40	156	On Left 40 yd In	11.25 stps in frnt of Back hash (HS)
#8	20	176	2.25 stps outside Left 35 yd In	2.25 stps in frnt of Back hash (HS)

### Naudia Maciaszek

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.0 stps inside Right 25 yd In	9.75 stps behind Front hash (HS)
#2	16	16	1.75 stps inside Right 25 yd In	3.0 stps in frnt of Back hash (HS)
#3	20	36	3.0 stps inside Right 25 yd In	3.5 stps in frnt of Back hash (HS)
#4	16	52	3.25 stps outside Right 35 yd In	11.0 stps in frnt of Back hash (HS)
#5	32	84	0.25 stps inside Right 30 yd In	8.25 stps behind Front hash (HS)
#6	32	116	0.25 stps inside Right 30 yd In	8.25 stps behind Front hash (HS)
#7	40	156	On Left 45 yd In	8.75 stps in frnt of Back hash (HS)
#8	20	176	0.25 stps inside Left 40 yd In	1.75 stps behind Back hash (HS)

### Nicole Baldwin

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	4.0 stps outside Left 40 yd In	on Front side line
#2	16	16	4.0 stps outside Left 40 yd In	on Front side line
#3	20	36	4.0 stps outside Left 40 yd In	on Front side line
#4	16	52	4.0 stps outside Left 30 yd In	4.0 stps behind Front side line
#5	32	84	4.0 stps outside Left 45 yd In	4.0 stps behind Front side line
#6	32	116	1.0 stp inside Left 25 yd In	4.0 stps in frnt of Front hash (HS)
#7	40	156	4.0 stps outside Left 25 yd In	on Front hash (HS)
#8	20	176	On Left 20 yd In	8.0 stps in frnt of Front hash (HS)



### Tiara Spain

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	3.25 stps outside Left 25 yd In	13.75 stps in frnt of Front hash (HS)
#2	16	16	On Left 20 yd In	11.75 stps in frnt of Front hash (HS)
#3	20	36	On Left 20 yd In	12.0 stps in frnt of Front hash (HS)
#4	16	52	2.0 stps outside Left 25 yd In	10.0 stps behind Front side line
#5	32	84	2.75 stps inside Left 35 yd In	3.5 stps behind Front side line
#6	32	116	0.75 stps inside Left 25 yd In	3.75 stps behind Front hash (HS)
#7	40	156	0.75 stps inside Left 25 yd In	8.25 stps behind Front hash (HS)
#8	20	176	3.5 stps inside Left 20 yd In	3.25 stps behind Front hash (HS)

### Belle Haun

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.25 stps inside Left 20 yd In	7.5 stps in frnt of Front hash (HS)
#2	16	16	On Left 20 yd In	3.25 stps in frnt of Front hash (HS)
#3	20	36	On Left 20 yd In	3.5 stps in frnt of Front hash (HS)
#4	16	52	0.75 stps inside Left 20 yd In	13.25 stps in frnt of Front hash (HS)
#5	32	84	1.75 stps inside Left 30 yd In	5.25 stps behind Front side line
#6	32	116	3.0 stps outside Left 30 yd In	10.5 stps behind Front hash (HS)
#7	40	156	0.75 stps outside Left 30 yd In	12.5 stps in frnt of Back hash (HS)
#8	20	176	0.5 stps inside Left 25 yd In	13.75 stps behind Front hash (HS)

### Shaina Lieske

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.25 stps inside Left 20 yd In	1.5 stps in frnt of Front hash (HS)
#2	16	16	On Left 20 yd In	5.25 stps behind Front hash (HS)
#3	20	36	On Left 20 yd In	4.75 stps behind Front hash (HS)
#4	16	52	0.5 stps outside Left 20 yd In	6.5 stps in frnt of Front hash (HS)
#5	32	84	3.5 stps inside Left 25 yd In	11.5 stps behind Front side line
#6	32	116	2.25 stps inside Left 30 yd In	11.25 stps in frnt of Back hash (HS)
#7	40	156	1.0 stp outside Left 35 yd In	6.75 stps in frnt of Back hash (HS)
#8	20	176	0.5 stps inside Left 30 yd In	5.5 stps in frnt of Back hash (HS)

### Yelena Guzman

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps outside Left 25 yd In	4.0 stps behind Front hash (HS)
#2	16	16	On Left 20 yd In	13.75 stps behind Front hash (HS)
#3	20	36	On Left 20 yd In	13.25 stps behind Front hash (HS)
#4	16	52	1.0 stp outside Left 20 yd In	on Front hash (HS)
#5	32	84	1.75 stps inside Left 25 yd In	7.25 stps in frnt of Front hash (HS)
#6	32	116	0.75 stps inside Left 35 yd In	6.5 stps in frnt of Back hash (HS)
#7	40	156	0.5 stps outside Left 40 yd In	2.5 stps in frnt of Back hash (HS)
#8	20	176	2.75 stps inside Left 35 yd In	on Back hash (HS)

### Dominique McBride

#### Drill: Destination Africa Mvt. 2

Performing as cast member: Dominique McBride Label: 70 Symbol: G ID:69

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.25 stps inside Left 25 yd In	9.75 stps behind Front hash (HS)
#2	16	16	2.25 stps inside Left 20 yd In	6.75 stps in frnt of Back hash (HS)
#3	20	36	3.25 stps outside Left 25 yd In	8.5 stps in frnt of Back hash (HS)
#4	16	52	0.75 stps outside Left 20 yd In	7.0 stps behind Front hash (HS)
#5	32	84	1.75 stps inside Left 25 yd In	1.75 stps behind Front hash (HS)
#6	32	116	On Left 40 yd In	3.75 stps in frnt of Back hash (HS)
#7	40	156	0.75 stps inside Left 45 yd In	0.25 stps in frnt of Back hash (HS)
#8	20	176	1.5 stps outside Left 45 yd In	3.0 stps behind Back hash (HS)

### Tessa Foley

#### Drill: Destination Africa Mvt. 2

Performing as cast member: Tessa Foley Label: 71 Symbol: G ID:70

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Right 35 yd In	12.0 stps in frnt of Back hash (HS)
#2	16	16	2.25 stps inside Right 35 yd In	on Back hash (HS)
#3	20	36	2.75 stps inside Right 35 yd In	on Back hash (HS)
#4	16	52	0.75 stps outside Right 40 yd In	3.25 stps in frnt of Back hash (HS)
#5	32	84	0.25 stps outside Right 40 yd In	12.0 stps behind Front hash (HS)
#6	32	116	0.25 stps outside Right 40 yd In	12.0 stps behind Front hash (HS)
#7	40	156	0.25 stps inside Left 35 yd In	12.0 stps behind Front hash (HS)
#8	20	176	3.75 stps outside Left 30 yd In	9.5 stps in frnt of Back hash (HS)

### Florencia Luciano

#### Drill: Destination Africa Mvt. 2

Performing as cast member: Florencia Luciano Label: 72 Symbol: G ID:71

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Right 40 yd In	12.0 stps in frnt of Back hash (HS)
#2	16	16	2.75 stps inside Right 40 yd In	on Back hash (HS)
#3	20	36	3.25 stps inside Right 40 yd In	on Back hash (HS)
#4	16	52	2.5 stps outside Right 45 yd In	1.0 stps in frnt of Back hash (HS)
#5	32	84	On Right 45 yd In	11.75 stps behind Front hash (HS)
#6	32	116	On Right 45 yd In	11.75 stps behind Front hash (HS)
#7	40	156	1.75 stps inside Left 30 yd In	6.0 stps behind Front hash (HS)
#8	20	176	2.25 stps outside Left 25 yd In	8.5 stps behind Front hash (HS)

### Agustina Contreras

#### Drill: Destination Africa Mvt. 2

Performing as cast member: Agustina Contreras Label: 73 Symbol: G ID:72

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.75 stps outside Left 40 yd In	12.0 stps in frnt of Back hash (HS)
#2	16	16	2.5 stps inside Left 35 yd In	on Back hash (HS)
#3	20	36	3.0 stps inside Left 35 yd In	on Back hash (HS)
#4	16	52	3.75 stps outside Left 35 yd In	6.75 stps in frnt of Back hash (HS)
#5	32	84	1.75 stps outside Left 35 yd In	2.25 stps in frnt of Back hash (HS)
#6	32	116	On Right 45 yd In	2.0 stps in frnt of Back hash (HS)
#7	40	156	3.0 stps inside Right 35 yd In	4.5 stps in frnt of Back hash (HS)
#8	20	176	0.5 stps outside Right 35 yd In	0.5 stps behind Back hash (HS)

**Sade Moore****Drill: Destination Africa Mvt. 2****Performing as cast member: Sade Moore Label: 74 Symbol: G ID:73**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	1.25 stps outside Right 25 yd In	4.25 stps behind Front hash (HS)
#2	16	16	2.0 stps inside Right 20 yd In	6.75 stps in frnt of Back hash (HS)
#3	20	36	3.5 stps outside Right 25 yd In	8.5 stps in frnt of Back hash (HS)
#4	16	52	0.5 stps inside Right 30 yd In	11.5 stps behind Front hash (HS)
#5	32	84	3.0 stps outside Right 30 yd In	0.75 stps behind Front hash (HS)
#6	32	116	3.0 stps outside Right 30 yd In	0.75 stps behind Front hash (HS)
#7	40	156	0.5 stps Right of 50 yd In	8.0 stps in frnt of Back hash (HS)
#8	20	176	3.75 stps Left of 50 yd In	3.5 stps behind Back hash (HS)

**Isabeau Shalack****Drill: Destination Africa Mvt. 2****Performing as cast member: Isabeau Shalack Label: 75 Symbol: G ID:74**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.0 stps inside Right 20 yd In	1.25 stps in frnt of Front hash (HS)
#2	16	16	On Right 20 yd In	13.75 stps behind Front hash (HS)
#3	20	36	On Right 20 yd In	13.25 stps behind Front hash (HS)
#4	16	52	2.25 stps outside Right 30 yd In	5.5 stps behind Front hash (HS)
#5	32	84	3.5 stps inside Right 25 yd In	7.0 stps in frnt of Front hash (HS)
#6	32	116	3.5 stps inside Right 25 yd In	7.0 stps in frnt of Front hash (HS)
#7	40	156	1.25 stps outside Right 45 yd In	9.0 stps in frnt of Back hash (HS)
#8	20	176	On Right 45 yd In	4.75 stps behind Back hash (HS)

**Alexus Clark****Drill: Destination Africa Mvt. 2****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 inside Right 20 yd In	7.25 stps in frnt of Front hash (HS)
#2	16	16	On Right 20 yd In	5.0 stps behind Front hash (HS)
#3	20	36	On Right 20 yd In	4.75 stps behind Front hash (HS)
#4	16	52	3.75 stps inside Right 25 yd In	0.75 stps in frnt of Front hash (HS)
#5	32	84	3.0 stps outside Right 30 yd In	12.75 stps behind Front side line
#6	32	116	3.0 stps outside Right 30 yd In	12.75 stps behind Front side line
#7	40	156	1.5 stps outside Right 40 yd In	12.0 stps in frnt of Back hash (HS)
#8	20	176	3.25 stps outside Right 40 yd In	3.25 stps behind Back hash (HS)

**Julieanne Shannon****Drill: Destination Africa Mvt. 2****Performing as cast member: Julieanne Shannon Label: 77 Symbol: G ID:76**

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.75 stps outside Right 25 yd In	13.75 stps in frnt of Front hash (HS)
#2	16	16	On Right 20 yd In	3.25 stps in frnt of Front hash (HS)
#3	20	36	On Right 20 yd In	3.5 stps in frnt of Front hash (HS)
#4	16	52	3.25 stps inside Right 25 yd In	7.25 stps in frnt of Front hash (HS)
#5	32	84	On Right 30 yd In	5.5 stps behind Front side line
#6	32	116	On Right 30 yd In	5.5 stps behind Front side line
#7	40	156	0.75 stps outside Right 35 yd In	11.0 stps behind Front hash (HS)
#8	20	176	2.75 stps inside Right 30 yd In	3.0 stps in frnt of Back hash (HS)

### Jayslly Mijangos

**Drill: Destination Africa Mvt. 2**

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Right 25 yd In	7.75 stps behind Front side line
#2	16	16	On Right 20 yd In	12.0 stps in frnt of Front hash (HS)
#3	20	36	On Right 20 yd In	11.75 stps in frnt of Front hash (HS)
#4	16	52	4.0 stps inside Right 25 yd In	14.0 stps behind Front side line
#5	32	84	On Right 35 yd In	4.0 stps behind Front side line
#6	32	116	On Right 35 yd In	4.0 stps behind Front side line
#7	40	156	1.0 stp inside Right 30 yd In	5.0 stps behind Front hash (HS)
#8	20	176	3.0 stps inside Right 25 yd In	11.75 stps in frnt of Back hash (HS)

### Abby Ryan

**Drill: Destination Africa Mvt. 2**

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	On Right 45 yd In	12.0 stps in frnt of Back hash (HS)
#2	16	16	3.5 stps inside Right 45 yd In	on Back hash (HS)
#3	20	36	3.5 stps inside Right 45 yd In	on Back hash (HS)
#4	16	52	3.75 stps inside Right 45 yd In	on Back hash (HS)
#5	32	84	On 50 yd In	12.0 stps behind Front hash (HS)
#6	32	116	On 50 yd In	12.0 stps behind Front hash (HS)
#7	40	156	3.0 stps outside Left 30 yd In	1.0 stps in frnt of Front hash (HS)
#8	20	176	1.5 stps inside Left 20 yd In	2.25 stps in frnt of Front hash (HS)

### Alivia Aldape

**Drill: Destination Africa Mvt. 2**

**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 Left of 50 yd In	12.0 stps in frnt of Back hash (HS)
#2	16	16	3.75 stps inside Left 45 yd In	on Back hash (HS)
#3	20	36	3.75 stps inside Left 45 yd In	on Back hash (HS)
#4	16	52	On Left 40 yd In	on Back hash (HS)
#5	32	84	On Left 45 yd In	on Back hash (HS)
#6	32	116	On Right 35 yd In	4.0 stps in frnt of Back hash (HS)
#7	40	156	4.0 stps inside Right 25 yd In	12.0 stps behind Front hash (HS)
#8	20	176	On Right 25 yd In	11.0 stps behind Front hash (HS)

### Nyah Tsai

**Drill: Destination Africa Mvt. 2**

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.5 stps outside Left 45 yd In	12.0 stps in frnt of Back hash (HS)
#2	16	16	3.0 stps inside Left 40 yd In	on Back hash (HS)
#3	20	36	3.25 stps inside Left 40 yd In	on Back hash (HS)
#4	16	52	1.75 stps inside Left 35 yd In	3.0 stps in frnt of Back hash (HS)
#5	32	84	1.0 stp outside Left 40 yd In	on Back hash (HS)
#6	32	116	On Right 40 yd In	3.0 stps in frnt of Back hash (HS)
#7	40	156	3.0 stps inside Right 30 yd In	9.25 stps in frnt of Back hash (HS)
#8	20	176	1.25 stps outside Right 30 yd In	7.25 stps in frnt of Back hash (HS)

### Mary Jane Sullivan

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.75 stps outside Left 30 yd In	12.5 stps in frnt of Back hash (HS)
#2	16	16	2.0 stps inside Left 25 yd In	2.75 stps in frnt of Back hash (HS)
#3	20	36	3.25 stps inside Left 25 yd In	3.5 stps in frnt of Back hash (HS)
#4	16	52	On Left 20 yd In	14.0 stps in frnt of Back hash (HS)
#5	32	84	3.75 stps inside Left 25 yd In	10.75 stps behind Front hash (HS)
#6	32	116	On Left 45 yd In	2.0 stps in frnt of Back hash (HS)
#7	40	156	2.25 stps Right of 50 yd In	on Back hash (HS)
#8	20	176	1.75 stps Right of 50 yd In	4.25 stps behind Back hash (HS)

### Bridget Donoghue

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	2.25 stps inside Right 35 yd In	3.0 stps behind Front side line
#2	16	16	3.25 stps outside Right 45 yd In	5.0 stps behind Front side line
#3	20	36	2.0 stps Left of 50 yd In	8.0 stps behind Front side line
#4	16	52	2.75 stps inside Left 45 yd In	13.75 stps in frnt of Front hash (HS)
#5	32	84	On Left 30 yd In	5.0 stps in frnt of Front hash (HS)
#6	32	116	0.5 stps inside Left 30 yd In	1.5 stps behind Front hash (HS)
#7	40	156	1.75 stps inside Left 45 yd In	3.25 stps behind Front hash (HS)
#8	20	176	On Left 45 yd In	2.5 stps behind Front hash (HS)

### Ciara Black

#### Drill: Destination Africa Mvt. 2

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

Set	Move	Count	Right-Left	Back-Front
#1	0	0	0.5 stps outside Left 40 yd In	6.25 stps behind Front side line
#2	16	16	On Left 35 yd In	10.5 stps in frnt of Front hash (HS)
#3	20	36	3.0 stps outside Left 35 yd In	10.25 stps in frnt of Front hash (HS)
#4	16	52	2.5 stps inside Left 25 yd In	1.25 stps behind Front hash (HS)
#5	32	84	2.25 stps outside Left 40 yd In	4.75 stps behind Front hash (HS)
#6	32	116	3.75 stps outside Right 45 yd In	on Front hash (HS)
#7	40	156	0.25 stps outside Right 45 yd In	5.75 stps in frnt of Front hash (HS)
#8	20	176	1.75 stps inside Left 45 yd In	4.75 stps in frnt of Front hash (HS)