

Double Sticks Set 1 thru 4 (the attack in a straight line)

Note:

(tucked right - right stick in ready position and left stick tucked under right arm)

(tucked left - left stick in ready position and right stick tucked under right arm)

Start Position

Feet even (parallel) and sticks tucked right

Set 1

Stepping forward with right foot and execute;

right high hit to right side head, right low backfist to left side knee,
right high backfist to right side head.

Spin forward on right foot counter-clockwise into a left foot forward position and execute;

left high backfist to left side head, left low backfist to left side knee, left high hit to right side head

Tuck right while simultaneously stepping forward with right foot and execute;

Right Redondo

Set 2

Chamber both sticks to the left shoulder

Stepping left leg forward, and execute

a double high hit across to the right, and chamber both sticks back to right shoulder.

Stepping right leg forward, and execute

a double high hit across to the left, and chamber both sticks back to left shoulder.

Stepping left leg forward, and execute

a double high hit across to the right, and chamber both sticks back to right shoulder.

Take no step and execute

Right reverse comb to head, left low backfist,

Spin forward on left foot clockwise into a right foot forward position and execute;

right backfist to head

Tuck left while simultaneously stepping forward with left foot and execute;

Left Redondo

Set 3

Chamber one stick back to each shoulders

Stepping right leg forward and simultaneously execute;
right high hit and return stick to same shoulder

Stepping left leg forward and simultaneously execute;
left high hit and return stick to same shoulder

Stepping right leg forward and simultaneously execute;
2 right high hits making an "X" and return stick to same shoulder

Stepping left leg forward and simultaneously execute;
2 left high hits making an "X" and return stick to same shoulder

Stepping right leg forward and simultaneously execute;
2 right high hits making an "X" and return stick to same shoulder

No step and execute
left reverse comb to head, right low backfist,

Spin forward on right foot counter-clockwise into a left foot forward position and execute;
left backfist to head

Tuck right while simultaneously stepping forward with right foot and execute;
Right Redondo

Set 4

Tuck left while simultaneously stepping forward with left foot and execute;
Left Redondo

No step and execute
Right reverse comb to head, left low backfist,

Spin forward on left foot clockwise into a right foot forward position and execute;
right backfist to head

Tuck left while simultaneously stepping forward with left foot and execute;
Left Redondo