

Beat	Hand	Description
1	R	Down at set (mark time throughout the entire visual sequence)
	L	Down at set
2	R	Start flip up
	L	Down at set
3	R	Land at crash position
	L	Start flip up
4	R	Rest
	L	Land at crash position
5	R	A
	L	A
6	R	V
	L	V (on the & of 6, start moving to make a diagonal line with R cymbal)
7	R	Stay at V position
	L	Land at diagonal position
8	R	Start flip out to land at the same height L cymbal was at
	L	Start flip out to land at the same height R cymbal was at
1	R	Land at opposite diagonal position
	L	Land at opposite diagonal position
&of2	R	Start flip out to land at vertical position
	L	Start flip out to land at vertical position
3	R	Land at vertical position (Top)
	L	Land at vertical position (Bottom)
&of4	R	Start to drop off hand to catch at vertical position (Bottom)
	L	Start to move up to where R cymbal was just at
5	R	Catch cymbal in vertical position (Bottom) (Remember that you are off hand here)
	L	Finish moving cymbal to where R cymbal was at
&of6	R	Start flip up to table top
	L	Start bishop
7	R	Land at table top
	L	Land at vertical bishop
&of8	R	Drop cymbal off hand to side to your right
	L	Drop cymbal off hand to side to your left
1	R	Land off hand at side
	L	Land off hand at side
2	R	Start rainbow
	L	Rest
3	R	Land Rainbow and start back to side
	L	Start Flip up to horizontal
4	R	Land at side
	L	Land Horizontal Flip Up
5	R	Start Horizontal bishop
	L	Rest
6	R	Land Horizontal Bishop
	L	Rest
7	R	Rest
	L	Start flip to on hand at side
8	R	Rest
	L	Land flip to on hand at side
1	R	Bow flip forward
	L	Rest
2	R	Land Bow and start to flip off hand to side (Foot is back)
	L	Rest
3	R	Land flip off hand (foot is back) and start flip to crash position (on hand)
	L	Rest
4	R	Catch cymbal on hand at start moving back to attention position
	L	Rest
5	R	Land at attention
	L	Ya done