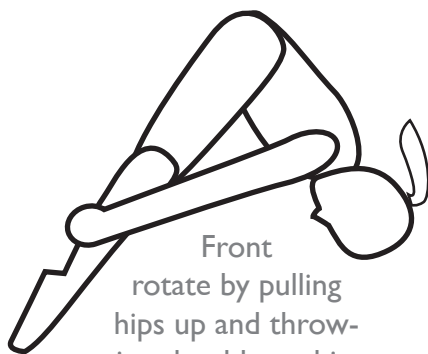
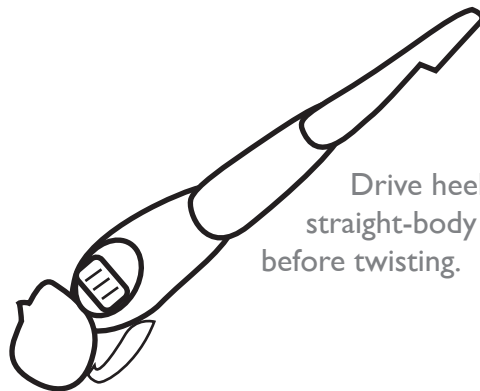


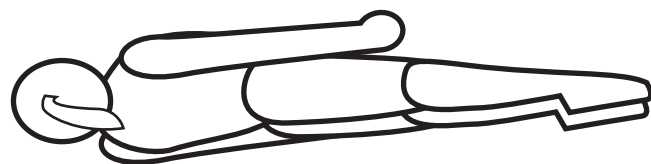
Piked Arabian Single or Double Full Basket Toss



Front rotate by pulling hips up and throwing shoulders, chin, and arms down.



Drive heels to straight-body T position before twisting.



Twist (half or 1 1/2) immediately after the Open T position.



Complete the half twist on the way up, leaving arms up. Start sneaking the hips up.



Make sure the set stays straight off the toss.

