

Metadata: <https://www.youtube.com/watch?v=0Manlx5ldpU>

This one's in the narrow roll. So, more or lower percentage, but you can get it from here. From there, I'm hooking again. I'm bringing this one through and I'm gonna circle all the way around. So I'm here, get up on my upper part of my back. Lock it up. Finish in the forward bend. Different angle. Okay, so I'm here. Okay, I'm gonna dive under. I'm gonna spin. Once you think you've spun, keep spinning. It's normally how this one comes through and lock my legs, okay? So from here, lock it up. Control this leg here, okay? Bring it in. We're gonna go finish this.