

# 8ths

quads

**A**

R L R L R L R L R L R L

R L R L R L R L R L R L

**B**

R L R L R L R L R L R L

R L R L R L R L R L R L

HALF-TIME

**C**

R L R L R L R L R L R L

R L R L R L R L R L R L