

## **Ceroc Beginner Moves**

### **Left Hand Lead**

American Spin  
CJ  
Figure of 8  
Neck Break  
Throwaway

Breakthroughs Man/Lady  
Comb  
First Move  
Pretzel

Breakthroughs Blind/Neck  
Conan Spin  
Lazy Yoyo  
U-Turn, I-Turn

### **Right Hand Lead**

Accordion  
Bow Tie  
Lady Comb  
Hip Spin  
Springer/Springer Throw  
Windmill

Aerial Yoyo  
Checks/Rotating Checks  
Right Handed Fig 8  
Lady Spin/Man Spin  
Sway

Back Pass  
Clever  
Hatchback  
Secret Move  
Wellington Rtn

### **Double Handed Moves**

Accordion Spin  
Flick Spin  
Octopus  
Towel (Lady)

Basket  
Fountain Break  
Push Pulls  
Swizzlestick

Basket Swap  
Rotating Heel  
Slider  
Towel