



8 count elbows

- 1 Horizontal elbow – left
- 2 Diagonal elbow (down) – left
- 3 Diagonal elbow (up) – left
- 4 Spike elbow – left
- 5 Vertical elbow – left
- 6 Diagonal elbow (down) – right
- 7 Horizontal elbow – right
- 8 Spin elbow – right