**Chapters 4A/B important words**

**A Burning a hole in the sky**

**altitude**

**assume**

back out

**beneath**

**block**

concentrate

count

current

definitely

**delight**

doll

earth

**equal**

**fragment**

gentle

**glance**

**gleefully**

glorious

**gust**

handle

instead

instructor

**interrupt**

lap

literally

lose your bearings

**manage**

merciless

mock

(words chosen by many **in bold**)

path

peer

**prior to**

prod

proper

**rebellion**

**remote**

search

several

skydiving

strap

**struggle**

suddenly

terror

tone

**urge**

**B Not for the weak**

aerobic

**assign**

balance

**ballroom dancer**

**cardiovascula**r

claim

competitive

core muscles

crosscountry

definitely

**definition**

**demanding**

**effortless**

endurance

**engaging**

**exert**

feather

fit

flexibility

follow

**gracefu**l

**in addition**

**involve**

jive

medalist

mental

mentally

nature

pass

play

position

present

**prowess**

require

require

requirement

similar

skill

**specific**

speed

step

stop

support

track and field

training

twirl

**vital**