LEVEL 0 STORE

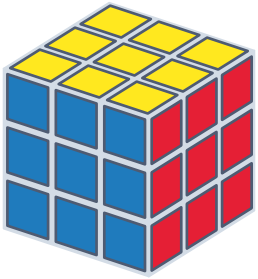
TRIGGERS

THE 6 MOVES CFOP KEEPS REPEATING

SEXY MOVE · SLEDGEHAMMER · SUNE · F2L · OLL · PLL

(R U R' U')

= one single gesture



PRINTABLE GUIDE

A trigger is a short sequence that comes back again and again inside the algorithms. Learn it as one gesture and a 15-letter algorithm turns into “sexy, sexy and a bit more”. Here are the CFOP ones, with where each appears in the 119 algorithms of the F2L, OLL and PLL series.

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TRIGGERS · CFOP

WHAT A TRIGGER IS

It is a sequence of 3 to 7 moves that comes back inside many algorithms. You don't memorise it as loose letters but as one movement of the hand: you think of it once and the hand does the rest. That is why the Level 0 sheets and guides put them in brackets.

levelcero.com/en/triggers

EXAMPLE · OLL 33 = SEXY + SLEDGEHAMMER

8 letters... R U R' U' R' F R F'

...2 gestures (R U R' U') (R' F R F')

THE TRIGGERS IN THIS GUIDE

How many cases of each series use it, with the right hand or its left-hand mirror. Tap a name to go to its page.

		F2L	OLL	PLL
Sexy move the "sexy"	R U R' U'	2 / 41	18 / 57	7 / 21
Reverse sexy starts with U	U R U' R'	5 / 41	12 / 57	2 / 21
Sledgehammer the "hammer"	R' F R F'	0 / 41	10 / 57	1 / 21
Hedgeslammer the sledgehammer backwards	F R' F' R	0 / 41	1 / 57	1 / 21
Sune OLL 27	R U R' U R U2 R'	0 / 41	2 / 57	0 / 21
Anti-Sune OLL 26	R U2 R' U' R U' R'	0 / 41	1 / 57	0 / 21
Inserts R U R' · R U' R' · F' U F...	R U R'	39 / 41	47 / 57	16 / 21

We count the trigger as written (with R, not with the wide r) in the algorithms of the Level 0 videos and guides. The inserts are a family: any face, a U turn and the face back.

TRIGGER 1 · 7

SEXY MOVE

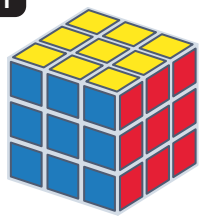
the “sexy”

(R U R' U')

The most used trigger in CFOP. Four right-hand moves done without letting go of the cube: R with the wrist, U with the index finger, R' back and U' with the left index finger.

STEP BY STEP

1

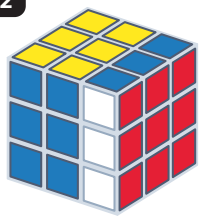


R



RIGHT LAYER · UP

2

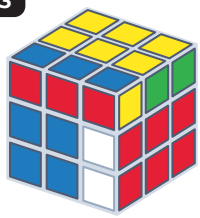


U



TOP LAYER · LEFT

3

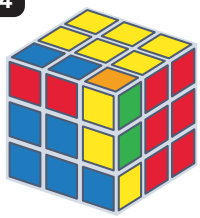


R'



RIGHT LAYER · DOWN

4



U'



TOP LAYER · RIGHT

ONCE



ONCE

the cube after one trigger

DO IT 6 TIMES IN A ROW: THE CUBE COMES BACK TO THE START



1×



2×



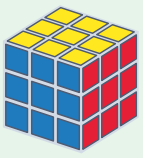
3×



4×



5×



6×

= back to the start

WHERE IT APPEARS

F2L	**2 / 41**	30 · 32
OLL	**18 / 57**	2 · 3 · 4 · 9 · 16 · 19 · 21 · 29 · 33 · 40 · 41 · 42 · 45 · 48 · 54 · 57 · 39* · 53*
PLL	**7 / 21**	T · F · Jb · Y · Na · Gd · Ja*

* = only with its left-hand mirror

EXAMPLE · OLL 45

F (R U R' U') F'

LEFT HAND (MIRROR)

(L' U' L U)

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TRIGGER 2 · 7

REVERSE SEXY

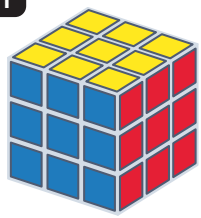
starts with U

(U R U' R')

The sexy move starting with U. It is what puts the pair in its slot in the simplest F2L cases, and it comes back often in OLL.

STEP BY STEP

1

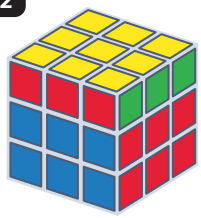


U



TOP LAYER · LEFT

2

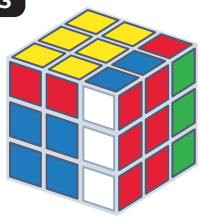


R



RIGHT LAYER · UP

3

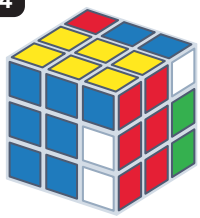


U'



TOP LAYER · RIGHT

4



R'



RIGHT LAYER · DOWN

ONCE



ONCE

the cube after one trigger

DO IT 6 TIMES IN A ROW: THE CUBE COMES BACK TO THE START



1×



2×



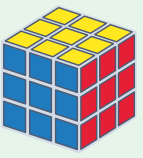
3×



4×



5×



6×

= back to the start

WHERE IT APPEARS

F2L	**5 / 41**	1 · 19 · 25 · 26 · 27
OLL	**12 / 57**	13 · 20 · 28 · 31 · 37 · 38 · 44 · 51 · 56 · 32* · 36* · 43*
PLL	**2 / 21**	Rb · Nb

* = only with its left-hand mirror

EXAMPLE · OLL 44

F (U R U' R') F'

LEFT HAND (MIRROR)

(U' L' U L)

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TRIGGER 3 · 7

SLEDGEHAMMER

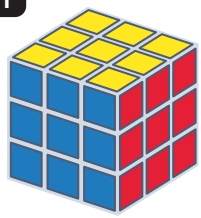
the “hammer”

(R' F R F')

Four moves with R and F. Together with the sexy move it makes many OLLs: “sexy + sledgehammer” is remembered as two gestures, not eight letters.

STEP BY STEP

1

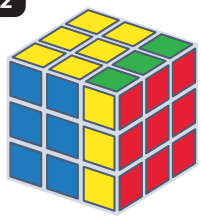


R'



RIGHT LAYER · DOWN

2

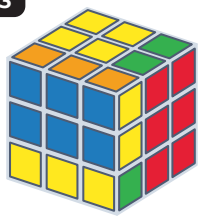


F



FRONT · CLOCKWISE

3

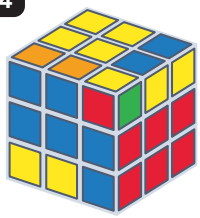


R



RIGHT LAYER · UP

4



F'



FRONT · COUNTER-CLOCKWISE

ONCE



ONCE

the cube after one trigger

DO IT 6 TIMES IN A ROW: THE CUBE COMES BACK TO THE START



1×



2×



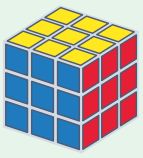
3×



4×



5×



6×

= back to the start

WHERE IT APPEARS

F2L	0 / 41	—
OLL	10 / 57	1 · 10 · 11 · 17 · 19 · 33 · 38 · 46 · 47 · 36*
PLL	1 / 21	Y

* = only with its left-hand mirror

EXAMPLE · OLL 33

(R U R' U') (R' F R F')

LEFT HAND (MIRROR)

(L F' L' F)

TRIGGER 4 · 7

HEDGESLAMMER

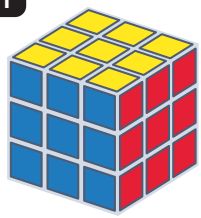
the sledgehammer backwards

(F R' F' R)

The sledgehammer done backwards. It shows up less often, but it pays to recognise it when reading the long PLL algorithms.

STEP BY STEP

1

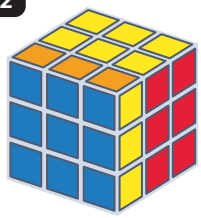


F



FRONT · CLOCKWISE

2

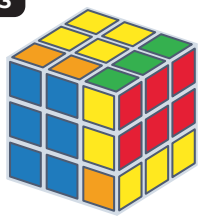


R'



RIGHT LAYER · DOWN

3

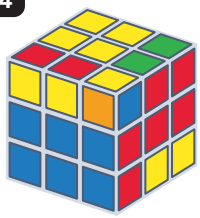


F'



FRONT · COUNTER-CLOCKWISE

4

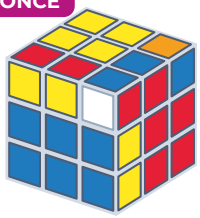


R



RIGHT LAYER · UP

ONCE



ONCE

the cube after one trigger

DO IT 6 TIMES IN A ROW: THE CUBE COMES BACK TO THE START



1×



2×



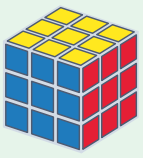
3×



4×



5×



6×

= back to the start

WHERE IT APPEARS

F2L	0 / 41	—
OLL	1 / 57	37
PLL	1 / 21	Nb

EXAMPLE · Nb-perm

R' U R U' R' F' U' F
R U R' (F R' F' R) U' R

LEFT HAND (MIRROR)

(F' L F L')

TRIGGER 5 · 7

SUNE

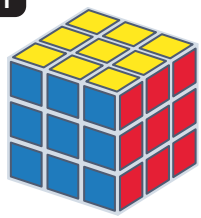
OLL 27

R U R' U R U2 R'

Seven moves that are a whole algorithm already (OLL 27) and show up inside others. In the beginner's method it is the one that orients the yellow corners.

STEP BY STEP

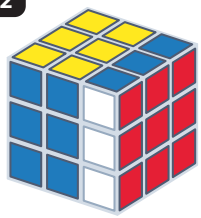
1



R

RIGHT LAYER · UP

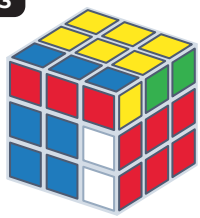
2



U

TOP LAYER · LEFT

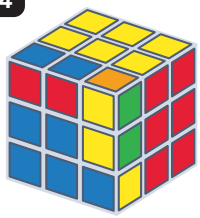
3



R'

RIGHT LAYER · DOWN

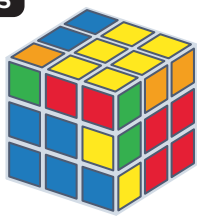
4



U

TOP LAYER · LEFT

5



R

RIGHT LAYER · UP

6



U2

TOP LAYER · HALF TURN

7



R'

RIGHT LAYER · DOWN

ONCE



ONCE

the cube after one trigger

DO IT 6 TIMES IN A ROW: THE CUBE COMES BACK TO THE START



1×



2×



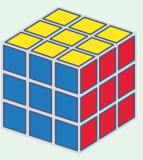
3×



4×



5×



6×

= back to the start

WHERE IT APPEARS

F2L	0 / 41	—
OLL	2 / 57	27 · 41
PLL	0 / 21	—

EXAMPLE · OLL 41

R U R' U R U2 R'

F R U R' U' F'

LEFT HAND (MIRROR)

L' U' L U' L' U2 L

TRIGGER 6 · 7

ANTI-SUNE

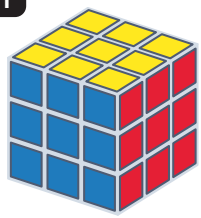
OLL 26

R U2 R' U' R U' R'

The Sune undone: the same moves read back to front, each turn reversed. If you know the Sune, you already know the anti-Sune.

STEP BY STEP

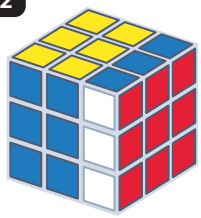
1



R

RIGHT LAYER · UP

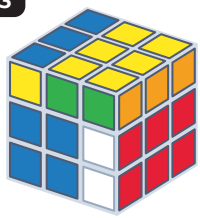
2



U2

TOP LAYER · HALF TURN

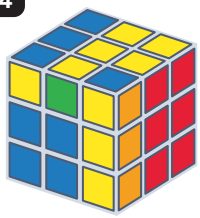
3



R'

RIGHT LAYER · DOWN

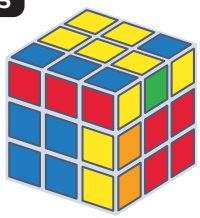
4



U'

TOP LAYER · RIGHT

5



R

RIGHT LAYER · UP

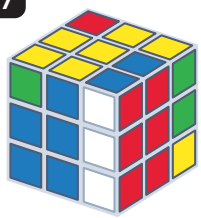
6



U'

TOP LAYER · RIGHT

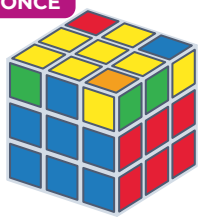
7



R'

RIGHT LAYER · DOWN

ONCE



ONCE

the cube after one trigger

DO IT 6 TIMES IN A ROW: THE CUBE COMES BACK TO THE START



1×



2×



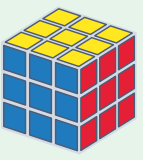
3×



4×



5×



6×

= back to the start

WHERE IT APPEARS

F2L	0 / 41	—
OLL	1 / 57	26
PLL	0 / 21	—

EXAMPLE · OLL 26

R U2 R' U' R U' R'

LEFT HAND (MIRROR)

L' U2 L U L' U L

TRIGGER 7 · 7

INSERTS

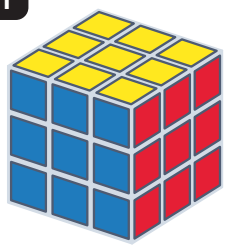
R U R' · R U' R' · F' U F...

(R U R')

A face, a U turn and the same face back. It is the heart of F2L: that is how a pair goes into its slot or comes out of it, leaving the rest of the first two layers alone.

STEP BY STEP

1

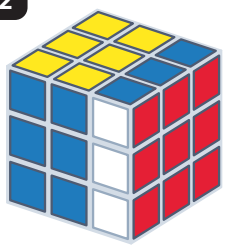


R



RIGHT LAYER · UP

2

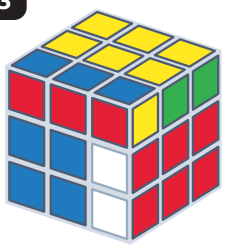


U



TOP LAYER · LEFT

3

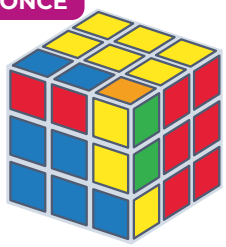


R'



RIGHT LAYER · DOWN

ONCE



ONCE

the cube after one trigger

DO IT 4 TIMES IN A ROW: THE CUBE COMES BACK TO THE START



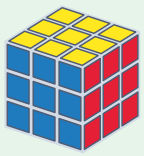
1×



2×



3×



4×

= back to the start

WHERE IT APPEARS

F2L	**39 / 41**	39 of the 41 cases
OLL	**47 / 57**	47 of the 57 cases
PLL	**16 / 21**	16 of the 21 cases

EXAMPLE · F2L 5

U' (R U R') U2 (R U' R')

LEFT HAND (MIRROR)

(L' U' L)

HOW TO PRACTISE THEM

1. Start with the sexy move: do it 6 times in a row and the cube comes back as it was. If it doesn't, a turn went wrong.
2. Slow and even before fast. Speed comes by itself once the hand stops thinking about the letters.
3. With a new algorithm, first look for the triggers you already know, and learn only what is left.
4. Practise the left-hand mirror too: many cases are another case's reflection.