

'ICE SKATING': STEP, SKATE, STEP, SKATE, STEP

- 1 Step slightly forward with right foot
- 2 Brush/sweep left foot up behind right leg
- 3 Step slightly forward with left foot
- 4 Brush/sweep right foot up behind left leg

"SLIP", BACK, 1/2 TURN

- 5 Step forward slightly with right foot
- 6 Hitch up left knee (say "Whoop!")
- 7 Step back onto left toe/ball
- 8 Pivot 1/2 turn left, shift weight to left foot

'ICE SKATING': STEP, SKATE, STEP, SKATE, STEP

- 9 Step slightly forward with right foot
- 10 Brush/sweep left foot up behind right leg
- 11 Step slightly forward with left foot
- 12 Brush/sweep right foot up behind left leg

"SLIP", BACK 1/4 TURN, TOGETHER

- 13 Step forward slightly with right foot
- 14 Hitch up left knee (say "Whoop!")
- 15 Step back 1/4 turn left with left foot
- 16 Place right foot next to left foot

'SLALOM SKIING': SWIVEL: LEFT, HOLD, RIGHT, HOLD

- 17 Bend knees slightly and swivel both heel to left side. Hold both fists in front as if holding ski poles
- 18 Hold
- 19 Swivel both knees to right side
- 20 Hold

SWIVEL: LEFT, RIGHT, LEFT, CENTER

- 21 Swivel both heel to left side
- 22 Swivel both heels to right side
- 23 Swivel both heels to left side
- 24 Swivel both heels to face forward, straighten knees

'SNOW ANGELS': SIDE TURN, TOGETHER, LEFT, TOGETHER

- 25 Step 1/8 turn right with right foot, place palms of both hands together, fingers pointed up.
- 26 Step together with left foot next to right foot, extend arms straight up (facing 45 degree right towards corner)
- 27 Step to left side with left foot, sweep arms out and down to your sides
- 28 Step together with left foot next to right foot, sweep arms back up over head

RIGHT, TOGETHER, SIDE TURN, TOGETHER

- 29 Step to right side with right foot, sweep arms out and down to your sides
- 30 Step together with right foot next to left foot, sweep arms back up over head
- 31 Step 1/8 turn left with left foot, bring hands straight down palms together
- 32 Place right foot next to left foot, release hands to a natural position

REPEAT