

-
- 1 - 2 Slide right foot forward (toe pointed forward right knee bent & facing forward left leg straight), hold
3 - 4 Straighten right leg bending left knee forward, bend right knee forward straightening left leg
5 - 8 Repeat last 4 beats
1 Slide right foot forward full stretch (right knee bent, left leg straight, both heels on floor)
2 - 4 Hold for 3 beats
5 - 8 Lift/pull right toe up straightening right leg, hold 3 beats
1 - 4 Fan right toe to left turning 1/4 left, twist heels in, toes in, heels in (feet are together)
5 - 6 Slide left foot forward (toe pointed forward, left knee bent & facing forward right leg straight), hold
7 - 8 Straighten left leg bending right knee forward, bend left knee forward straightening right leg
1 - 2 Slide left foot forward (toe pointed forward, left knee bent & facing forward right leg straight), hold
3 - 4 Straighten left leg bending right knee forward, bend left knee forward straightening right leg
5 Slide left foot forward full stretch (left knee bent, right leg straight, both heels on floor)
6 - 8 Hold for 3 beats
1 - 4 Lift/pull left toe up straightening left leg, hold 3 beats
5 - 8 Fan left toe to right turning 1/4 right, twist heels in, toes in, heels in (feet are together)
1 - 4 Swing/step right toe across behind left, lift right hip up & to right, hold, hold dropping right heel
5 - 8 Swing/step left toe across behind, right lift left hip up & to left, hold, hold dropping left heel
1 - 2 Step right foot to right side with foot pointing 45 degrees right & knee bent (over toes), hold
3 - 4 Step left foot to left side with foot pointing 45 degrees left & knee bent (over toes), hold
5 - 8 Twist upper body to left (looking over left shoulder) swinging left arm behind waist, right arm across in front of waist, hold, hold
1 - 4 Twist upper body to right (looking over right shoulder) swinging right arm behind waist, left arm across in front of waist, hold, hold
5 - 8 Straighten left leg keeping right leg bent, straighten right leg, slide right foot next to left (2 beats)
1 - 2 Tap right toe to right bending left knee, clasp right toe with right hand pulling right foot up behind body (both knees together & facing front)
3 - 6 Straighten left leg (as much as comfortable), hold, hold, step right next to left
7 - 8 Roll knees to the right full circle
1 - 2 Tap left toe to left bending right knee, clasp left toe with left hand pulling left foot up behind body (both knees together & facing front)
3 - 6 Straighten right leg (as much as comfortable), hold, hold, step left next to right
7 - 8 Roll knees to the left full circle
1 - 2 Roll right shoulder full circle front to back (2 beats)
3 - 4 Roll left shoulder full circle front to back (2 beats)
5 - 8 Circle hips 2 full circles to the left
1 - 2 Roll left shoulder full circle front to back (2 beats)
3 - 4 Roll right shoulder full circle front to back (2 beats)
5 - 7 & 8 Shrug shoulders up, push shoulders down, shake shoulders & arms 3 times

REPEAT