

SYNCOATED VINE WITH 1/2 PIVOT, ROCKING HORSE, 1/2 PIVOT

- 1 - 2 Step right foot wide to right side, hold
& 3 - 4 Quickly step left foot next to right foot, step right foot forward, quickly pivot 1/2 turn to the left
5 & 6 & Rock forward on right foot, shift weight back onto left foot, rock back on right foot (optional: kick left foot at the same time), shift weight forward onto left foot
7 & 8 Step right foot forward, quickly pivot 1/2 turn to the left

KICK STEP TOUCH, PIVOT STEP TOGETHER, KICK BACK BACK, BODY ROLL (PUT IT UP)

- 9 & 10 Kick right foot forward, step right foot in place, touch left foot back
11 & 12 Lean slightly forward as you pivot 1/8 to the left on right foot, pivot 1/8 to the left on right foot again (total of 1/4 turn left), shift weight to left foot at the same time bringing right foot next to left foot (during these steps pretend you are dribbling a basketball with your right hand then grasping it with both hands)
13 & 14 Kick right foot forward, step right foot back diagonally right, step left foot back even with right foot (still holding ball with both hands)
15 & 16 Squat down slightly, raise hips forward, stand straight up (pretend your are shooting a basket on the last of these counts)

RUNNING MAN VARIATION, HEEL PUMPS AND PIVOTS

- 17 & 18 Touch right heel forward, hitch right knee and at the same time scoot back slightly on left foot, step right foot next to left foot
19 & 20 Touch left heel forward, hitch left knee and at the same time scoot back slightly on right foot, step left foot next to right foot

/Make a 1/2 turn (total) to the right with the next four counts

- 21 & 22 & Touch right heel forward, hitch right knee and at the same time pivot to the right on left foot, repeat 21&
23 & 24 Repeat above steps one more time (21&), step right foot in place finishing the 1/2 turn

BASKETBALL TURNS, SIDE LUNGE

- 25 & 26 Rock forward on left foot, shift weight back onto right foot starting 1/2 pivot to the left on right foot, finishing 1/2 pivot to the left step left foot slightly forward
27 & 28 Rock forward on right foot, shift weight back onto left foot starting 1/4 pivot to the right on left foot, finishing 1/4 pivot step right foot slightly forward
29 & 30 Rock out to left side on left foot, shift weight to right foot starting 1/4 pivot the left, finishing 1/4 pivot step left foot next to right foot
31 - 32 Lunge out to right side on right foot, shift weight to left foot and at the same time touch right toe next to left foot

REPEAT