

**STOMP, HOLD, BODY ROLL, REPEAT**

- 1 Stomp the right foot slightly forward  
2 Hold  
3 - 4 Starting with the top of the head, lean the body slightly forward and start a rolling action as if you are avoiding a broom being passed down the back  
5 Stomp the left foot slightly forward  
6 Hold  
7 - 8 Starting with the top of the head, lean the body slightly forward and start a rolling action as if you are avoiding a broom being passed down the back

**SUGAR FOOT, HOLD, SUGAR FOOT, HOLD, SUGAR FOOT TWICE**

- 9 Touch the right toe down in front, the heel of the right foot should be pointing out to the right side, knee bent  
10 Touch the right heel down in front, the toe of the right foot should be pointing out to the right side, knee bent  
11 Touch the right foot down flat slightly in front of the left foot, the toe of the right foot should be pointing out to the right side  
12 Hold  
13 Touch the left toe down in front, the heel of the left foot should be pointing out to the left side, left knee bent  
14 Touch the left heel down in front, the toe of the left foot should be pointing out to the left side, left knee bent  
15 Touch the left foot down flat slightly in front of the right foot, the toe of the left foot should be pointing out to the left side  
16 Hold  
17 Touch the right toe down in front, the heel of the right foot should be pointing out to the right side  
18 Touch the right heel down in front, the toe of the right foot should be pointing out to the right side  
19 Touch the right foot down flat slightly in front of the left foot, the toe of the right foot should be pointing out to the right side  
20 Touch the left toe down in front, the heel of the left foot should be pointing out to the left side  
21 Touch the left heel down in front, the toe of the left foot should be pointing out to the left side  
22 Touch the left foot down flat slightly in front of the right foot, the toe of the left foot should be pointing out to the left side

**STOOGES WALK, PIVOT 1/2, STOMP**

- & Bend the right knee so that right foot is raised up in back  
23 Hop back on the left foot, bring right foot back down with toes of the right foot touching the floor  
& Bend the right knee so that right foot is up in back  
24 Hop back on the left foot, bring right foot back down with toes of the right foot touching the floor  
25 Pivot 1/2 turn to the right on the right foot  
26 Stomp the left foot next to the right

**KICK, KICK, FLOOR SWEEP**

- 27 Kick left foot forward  
28 Kick left foot forward  
& Bring left foot back so that it is crossed behind the right foot and placed to the right of the right foot  
29 - 32 Rotate the body a full turn to the left unwinding the legs, and shift weight to right foot (the right foot should slide in place next to the left foot so that the feet don't rewind). This is a four count spin.

**KNEE ROLL 1/4 TURN, BOUNCE, REPEAT THREE TIMES**

- 33 With knees bent, swing left knee to the left and pivot 1/4 turn to the left  
34 With knees bent, swing right knee to the left  
& Raise up onto toes and bend knees  
35 Lower heels back to floor  
& Raise up onto toes and bend knees  
36 Lower heels back to floor  
37 With knees bent, swing left knee to the left and pivot 1/4 turn to the left

38 With knees bent, swing right knee to the left  
& Raise up onto toes and bend knees  
39 Lower heels back to floor  
& Raise up onto toes and bend knees  
40 Lower heels back to floor  
41 With knees bent, swing left knee to the left and pivot 1/4 turn to the left  
42 With knees bent, swing right knee to the left  
& Raise up onto toes and bend knees  
43 Lower heels back to floor  
& Raise up onto toes and bend knees  
44 Lower heels back to floor  
45 With knees bent, swing left knee to the left and pivot 1/4 turn to the left  
46 With knees bent, swing right knee to the left  
& Raise up onto toes and bend knees  
47 Lower heels back to floor  
& Raise up onto toes and bend knees  
48 Lower heels back to floor

### **JUMPING JACK, KICK, REPEAT THREE TIMES**

49 Jump out to side so that feet are spread as if in a jumping jack  
& Jump so that feet return to original position  
50 Kick left foot forward and hop on right foot  
& Jump so that feet return to original position  
51 Jump out to side so that feet are spread as if in a jumping jack  
& Jump so that feet return to original position  
52 Kick right foot forward and hop on left foot  
& Jump so that feet return to original position  
53 Jump out to side so that feet are spread as if in a jumping jack  
& Jump so that feet return to original position  
54 Kick left foot forward and hop on right foot  
& Jump so that feet return to original position  
55 Jump out to side so that feet are spread as if in a jumping jack  
& Jump so that feet are half way back to original position  
56 Jump so that feet return to original position

### **REPEAT**