

TRAVELING STEP BALL CHANGES (2ND POSITION BREAKS)

- 1 & 2 Step left forward, step right to right side with ball of foot, step left in place
3 & 4 Step right forward, step left to left side with ball of foot, step right in place
5 - 8 Repeat left, then right step ball changes counts 1-4

LEFT & RIGHT PADDLE TURNS

- 1 & 2 & Step left to the left side toe turned out, step right side and slightly back (diag) with ball only, lift left foot and set back down in place turning left toes out again continuing to turn, step right side and slightly back (diagonally) with ball of foot only
3 & 4 Repeat for counts 3&4 turning a total of 1 or 2 full turns over counts 1-4 ending with feet apart and weight on left foot
5 & 6 & Shift weight onto right foot while starting to turn right, step left side and slightly back (diagonally) with ball of foot only and continue to turn, lift right foot and set back down in place turning right toes out again continuing to turn right, step left side and slightly back (diagonally) with ball of foot only continuing to turn right
7 & 8 Repeat until you have made at least 1 revolution right

HEEL & TOE PULLS (DOUBLE & SINGLE MAXIE)

- & 1 & 2 Place left heel forward with weight, slide right foot forward toward left foot but not next to left (about 1/2 way), place left toe back with weight, slide right foot back toward left but next to (about 1/2 way)
& 3 & 4 Place left heel forward with weight, slide right foot forward toward left, step left heel in place with weight, slide right up towards left-(this is the 'double')
& 5 & 6 Place left toe back with weight, slide right back toward left, place left heel forward with weight, slide right up toward left
& 7 & 8 Place left toe back with weight, slide right back, repeat-left toe back, slide right

TRAVELING & TURNING CROSS BALL CHANGES (2 WAY COM PASO WITH VOLTA STYLING)

- 1 & 2 & 3 & 4 Turn 1/4 left and cross left over right, step right to the right side and slightly back with ball of foot, cross left over right, step right to right side and slightly back, cross left over right
5 & 6 & 7 & 8 Step right back & turn 1/4 left, step left to left side with ball, cross right over left, step left to left side with ball, cross right over left, step left to left side with ball, cross right over left

REPEAT