
TOE POINTS FORWARD-ARMS EXTENDED OUT

- 1 - 2 Touch right toe forward & return back next to left extend right arm to right side shoulder high-left arm extended forward chest high with palms flat as if pushing against wall
- 3 - 4 Touch left toe forward & return back next to right extend left arm to left side shoulder high-right arm extended forward chest high with palms flat as if pushing against wall
- 5 - 8 Repeat above steps 1-4

TOE POINTS SIDE-ARMS EXTENDED DOWN

- 1 - 2 Touch right toe to right side & return back next to left. Extend arms straight down in front of body palms stacked left over right and facing the floor
- 3 - 4 Touch left toe to left side & return back next to right. Extend arms straight down in front of body palms stack right over left and facing the floor
- 5 - 8 Repeat above counts 1-4

HIP ROLL 3/4 TURN WITH FORWARD HOPS

- 1 - 2 Twirl both forearms around each other above head-rotate hips full turn to the left while turning 1/4 turn to the left (stepping right, left)
- 3 - 4 Repeat 1-2
- 5 - 6 Repeat 1-2
- 7 - 8 Place right hand on back of right hip-left hand on back of left hip and hop forward two times

REPEAT