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**STEP-SLIDE-STEP TOUCH RIGHT, STEP-SLIDE-STEP TOUCH LEFT**

- 1 - 2 Step right foot to right side, slide left foot beside right foot  
3 - 4 Step right foot to right side, touch left toe beside right foot  
5 - 6 Step left foot to left side, slide right foot beside left foot  
7 - 8 Step left foot to left side, touch right toe beside left foot

**WALK-HOLD FORWARD, RIGHT-LEFT-RIGHT, KICK, KICK LEFT**

- 1 - 2 Walk forward on right foot, hold  
3 - 4 Walk, forward on left foot, hold  
5 - 6 Walk, forward on right foot, hold  
7 - 8 Kick left foot forward, kick left forward

**WALK-HOLD BACKWARD, LEFT-RIGHT-LEFT, TOUCH-HOLD RIGHT**

- 1 - 2 Step back on left foot, hold  
3 - 4 Step back on right foot, hold  
5 - 6 Step back on left foot, hold  
7 - 8 Touch right toe beside left foot, hold

**REPEAT**