

MODIFIED JACKS WITH ARM PUNCHES, JUMP 1/4 RIGHT, SIDE STEPS WITH PUNCHES, HOLD AND ARMS IN-OUT

- & 1 Jump back on right foot, touch left heel forward and punch right arm out in front
& 2 Step left foot in place, step right foot next to left foot and take right arm to right side
& 3 Turn 1/4 to left and jump back on left foot, touch right heel forward and punch right arm out in front
& 4 - 5 Step right foot in place, step left foot next to right foot and take right arm down to side, jump 1/4 to right on both feet
6 - 7 Step right foot to right and punch right arm out diagonally to left, step left foot to left and punch left arm out diagonally to right (crossed over right arm)
& 8 Hold and bring arms in to chest, take arms out horizontally to sides

1/4 RIGHT, HEEL-TOE-HEEL TOUCHES, 1/2 LEFT, KICK-HITCH-TOUCH

- 1 Turn 1/4 to right on left foot swinging right leg around next to left foot
2 - 4 Touch right heel forward and lean back, touch right toe back and lean forward, touch right heel forward and lean back
5 - 6 Using 2 counts turn 1/2 to the left (swinging hips around to the left)
7 & 8 Kick right foot forward, hitch right knee, touch right foot next to left foot

WALK 3, SIDE STEP, CROSS-TOUCH, STEP, RIGHT KNEE BEND-STRAIGHTEN

- 1 - 3 Walk forward right-left-right
4 Step left foot to left side
5 - 6 Cross-touch right foot over left foot, step right foot to right side (feet shoulder width apart)
7 - 8 Bend right knee toward left leg, straighten right knee

HALF-SQUAT, SHOULDER PUSHES, STAND, SHOULDER PUSHES, HALF-SQUAT WITH PUSH, STAND WITH PUSH, POINT, FULL LEFT TURN

- 1 - 2 Bend down to a half-squat with hands on lower thighs and push left shoulder to left, keep body position and push right shoulder to right
3 - 4 Straighten legs (slide hands to upper thighs) and push left shoulder to left, keep body position and push right shoulder to right
5 Return to half-squat and hands on lower thighs pushing left shoulder to left
6 Stand (straighten legs and slide hands to upper thighs) and push right shoulder to right
7 - 8 Point left toe behind right foot, step on ball of left foot and turn full turn to the left

/The shoulder pushes are isolated movements, pushing left or right from squared position

SYNCOPATED JUMPS & FINGER SNAPS, JUMPS & SNAPS, TO THE LEFT HIP ROLL

- & 1 Jump forward right-left (feet shoulder width apart and taking arms up as you jump)
2 Snap fingers
& 3 Jump back right-left (feet shoulder width apart and taking arms down as you jump)
4 Snap fingers
& 5 Jump forward right-left with feet shoulder width apart (take arms up and snap fingers on "5")
& 6 Jump back right-left with feet shoulder width apart (take arms down and snap fingers on "6")
7 - 8 Roll hips to the left for 2 counts

REPEAT