

**HEEL SPLITS**

- 1 Heels out
- 2 Heels together
- 3 Right foot touch to side
- 4 Right foot back in place
- 5 Left foot touch to side
- 6 Left foot back in place

**TOE SPLITS**

- 7 With heels in place, fan toes out
- 8 Toes back in place
- 9 Right foot step forward
- 10 Hop on right
- 11 Left foot step forward, crossing over right foot
- 12 Rock back on right foot (step in place)
- 13 Left foot step forward
- 14 Hop on left
- 15 Right foot step forward, crossing over left foot
- 16 Rock back on left foot (step in place)
- 17 Right foot step forward
- 18 Hop on right
- 19 Left foot step forward, crossing over right foot
- 20 Rock back on right foot (step in place)
- 21 Left foot step forward
- 22 Hop on left
- 23 Right foot step forward, crossing over left foot
- 24 Rock back on left foot (step in place)
- 25 Right foot kick out to side and back (at same time hop on left foot)
- 26 Right foot step back
- 27 Left foot kick out to side and back (at same time hop on right foot)
- 28 Left foot step back
- 29 Right foot kick out to side and back (at same time hop on left foot)
- 30 Right foot step back
- 31 Right foot scoot forward as left foot kicks forward
- 32 Feet together
- 33 Right foot stomp
- 34 Right foot stomp
- 35 Right heel touch forward
- 36 Right foot touch in place
- 37 Right foot touch forward
- 38 Lift right foot (heel pointed inward) in front of left leg
- 39 Make 1/4 turn to left by pivoting on left foot (at same time kick right foot forward)
- 40 Feet together

**REPEAT**