

KNEE BOUNCES

- 1 - 2 Put knees and toes together, heels spread, with each hand on the opposite knee. Bounce twice
3 - 4 Turn knees and toes apart, heels together, with right hand on right knee and left hand on left knee.
Bounce twice.
5 - 8 Repeat 1-4

RIDE THE HORSE, PIVOT TURN

- 1 - 2 Hop straight up and down on both feet twice
3 - 4 Step right foot forward and to the right, step left foot forward and to the left
5 & 6 Scoot forward on both feet three times (hands up like holding reins)
7 - 8 Step right foot forward, pivot on both feet 1/2 turn to left. End with weight on left foot

8 COUNT VINES RIGHT AND LEFT

- 1 - 8 8-count grapevine to right, end with a scuff
1 - 8 8-count grapevine to left, end with a scuff and a 1/4 turn to the left

SIDE GALLOPS RIGHT AND LEFT

- 1 & 2 & Step right foot to right, step left foot next to right foot, step right foot to right, step left foot next to right foot
3 & 4 Step right foot to right, step left foot next to right foot, step right foot to right
5 & 6 & Step left foot to left, step right foot next to left foot, step left foot to left, step right foot next to left foot
7 & 8 & Step left foot to left, step right foot next to left foot, step left foot to left, step right foot next to left foot

REPEAT
