

WALK FORWARD, KICK FORWARD, STEP RIGHT, WALK BACK BUMP & BUMP &

- 1 - 2 - 3 & 4 Walk forward right, left, kick right foot forward, quick touch left heel and step back right
& Step back left, right (shoulder width apart), bump hips, right & left & right & left (weight ending on left
& foot)
1 - 8 Repeat above counts 1 -8

PIGEON TOES TRAVELING TO RIGHT THEN LEFT

- 1 - 2 - 3 & 4 Both toes out, both toes in, both toes out, in, out (moving to right)
5 - 6 - 7 & 8 Both toes in, both toes out, both toes in, out, in (moving to left)

JUMPING JACKS WITH 1/2 TURN RIGHT - PUMP RIGHT FOOT TO SIDE WITH 1/2 TURN LEFT

- 1 & 2 Jump both feet out, jump both together, jump both feet out
& 3 & 4 Turn 1/2 turn to right on the & count, facing back wall jump both feet out, jump both feet together, jump
both feet out
5 - 6 - 7 - 8 Right toe out to right side, pump right foot as you turn 1/2 turn to left

/You will be pumping right out to right side 4 times to complete 1/2 turn. Weight stays on left foot

2 1/8 TURNS TO LEFT (TOTAL 1/4 TURN)

- 1 - 2 - Step forward on right foot swaying hips from left (behind) to right (forward) as you turn 1/8 turn to left -
weight ends on left foot
3 - 4 Repeat

WASHING MACHINE

- 5 & 6 & 7 & 8 Move hips to left behind and to right and forward (as if washing machine is off balance)

REPEAT
