

INTRO - THIS IS DONE ON THE 1ST AND 3RD WALL ONLY!

- 1 - 2 Slide 45 angle left & drag your right beside left
3 - 4 One heel split (open/close)
5 - 6 Slide 45 angle right & drag the left beside right
7 - 8 One heel split (open/close)
9 - 10 Slide 45 angle back left & drag your right beside left
11 - 12 One heel split (open/close)
13 - 14 Slide 45 angle back right & drag the left beside right
15 - 16 One heel split (open/close)
/Arms: Forward movement: reach on (1) & (5) counts with opposite hand, and pull on (2) & (6) counts, other hand stays at waist.

/Back movement, opposite hand open (palm down) on (9) & (13) counts. Hands stay at waist for heel splits.

KICK AND LUNGE

- 1 Kick right foot forward 6" from the floor
& Step next to left with weight on right
2 Point left foot out to the side
3 Kick left forward 6" from the floor
& Step next to right with weight on left
4 Point right foot out to the side
5 & 6 Repeat 1&2
7 & 8 Repeat 3&4

/This movement is like a kick ball change except with a lunge outward on the 2,4,6 and 8 counts.

HEEL DIGS AND THIGH SLAPS

- 1 Cross right over left and dig right heel to floor
2 Step on left (in place)
3 Rock step back with right foot
4 Step on left (in place)
5 Cross left over right and dig left heel to floor
6 Step on left (in place)
7 & 8 With weight on both feet, slap outside of thighs back, then, forward & clap

HEEL DIGS AND THIGH SLAPS

- 1 Cross left over right and dig left heel to floor
2 Step on right (in place)
3 Rock step back with left foot
4 Step on right (in place)
5 Cross left over right and dig left heel to floor
6 Step on right (in place)
7 & 8 With weight on both feet, slap outside of thighs back, then, forward & clap

KICK BALL CHANGE AND 1/2 TURN

- 1 & 2 Kick ball change right foot
3 Right toe back
4 1/2 turn right (transfer weight to right)
5 & 6 Kick ball change left (weight on right)
7 Step forward left
8 Stomp right next to left

SIDE WALK AND KNEE HITCH

- 1 1/4 turn right
2,3 Walk left foot, right foot
4 Bring left knee up & 1/2 turn left

5,6,7 Walk left foot, right foot, left foot
8 Bring right knee up and 1/4 turn right

HOP CROSS & 3/4 TURN, STEP TOGETHER, STOMP

1 Both feet hop out (like a jumping jack)
2 Hop & cross right of left foot
3 3/4 turn left
4 Hold
5 Step forward with right
6 Slide left beside right
7 Step forward with right
8 Stomp left (weight on left)

REPEAT

/Skip intro for wall 2

/Include intro for wall 3

/Skip intro for wall 4