

1				
2				
3	<p>BOTH fists at left waist 8x. Then opposite</p> <p>Toes together</p>	<p>Swing alternately 8x</p>	<p>First - left arm up</p>	<p>First - left arm up</p>
4	<p>Fists at left waist.</p> <p>FEET FLAT LEFT FOOT BACK</p>			
5	<p>FIRST - right arm up</p> <p>wrap foot</p>			
6	<p>FOOT 135° OUT</p>			
7				
8	<p>8x alternately</p> <p>Turn hand + foot</p>	<p>Hands together</p>		
9	<p>Right hand fist, first, 8x</p> <p>slap wrist</p> <p>wrap foot</p>			