

Record: AK-008

Rhythm: 7/8   QQS   123

Formation: belt hold or "V" pos.

Meas.

Fig. 1

- 1 Facing & Moving to R, weight on both ft., R ft to LOD (ct.1), Step R (ct.2), Step L to R (ct.3)
- 2 Repeat Meas. 1
- 3 Step R to R and deip, weight on both ft. (cts.1,2), Stand on R (ct.3)
- 4 Step L to the ctr. and deip (cts.1,2), Stand on L (ct.3)
- 5 Hop on L (ct.1), Step R behind (ct.2), Step L next to R, facing ctr. (ct.3)
- 6 Step R to the ctr., and deip, facing to L (cts.1,2), Stand on R (ct.3)
- 7 Repeat Meas.5 with opp. ft.
- 8 In place, Step L (ct.1), Step R (ct.2), Step L, facing to R (ct.3)

Fig. 2

- 1 Facing & Moving to R, Hop on L (ct.1), Step R to R (ct.2), Step L to R (ct.3)
- 2 Repeat Meas. 1
- 3 Step R and facing ctr. (ct.1), Step L behind (ct.2), Step R to R (ct.3)
- 4 Jump on both ft., R ft. front (cts.1,2), Stand on L (ct.3)
- 5 Hop on L (ct.1), Step R behind (ct.2), Step L next to R (ct.3)
- 6 Repeat Meas. 4 with opp. ft.
- 7 Repeat Meas. 5 with opp ft.
- 8 Step L in place (ct.1), Step R next to L (ct.2), Step L in place and facing LoD (ct.3)