POSITION: COUPLE DANCE

FACE PARTNER, HOLD INSIDE HAND FREE HAND ON HIP

FIGURE 1 A - Step-hop on outside foot and get into a back-to-back position

Step on the inside foot and bring the free foot up to it, without weight

Take 2 slides back- Step - close step-close man - left - right left-right

B- Step-hop on inside foot and face partner

Step on outside foot and bring the free foot up to it, without weight

Take 2 slides back- step- close step-close man - right - left right-left

REPEAT PICURE 1 A and B

FIGURE 2 A - Man has back to centre - partners hold hands Take two slides to man's left Count 1 and 2 and

> While man takes 1 more step to left (count three) and stamps on his right foot (count four)

The lady turns under her right arm for the count of 3 and 4

B - Take 2 slides to man's right Count 1 and 2

While lady takes one more step to left (count three) and stamps on her right foot (count four)

The man turns under his right arm for the count three and four

Repeat Figure A and B

FIGURE 3 A - BOX STEP. Follow carefully

Partners face - man back to centre - lady facing centre. Hands high in sir, swinging to right and left.

Balance to right RIR swinging arms to right Balance to left RL swinging arms to left

Now start to change places

Balance to right RLF in a back-to-back position Balance to laft IRL in a face-to-face position

Partner are now in opposite positions.

B REPEAT FIGURE SA

Start with lady back to centre and man faces centre Return to original position as of start of Figure 3

REPEAT FIGURE 3 , A and B

FIGURE 4 A - Partners facing - man with back to centre Hold inside hands

Take 2 step-hops turning many from each other, man turning left lady turning right-man LR lady RL End up facing each other

Take 2 slides to man's left (counter clockwise) Step-close step-close

On the slides man holds lady's right hand with his left hand

B - Repeat Figure 4 A, in opposite direction All movements to man's right (clockwise)

REPEAT FIGURE 4 , A and B