

STEP	DIRECTION	TURM	FOOT WORK	ARMS	ELEVATION	BEND	DESCRIPTION
1	RF side	---	T, H	Arms straight down & slightly side w/hands in blades, palms facing back	Lower slightly		Smooth; knees open pointing to sides
&	---	---	---	FA's crossed in front of body forming an "X" w/LFA in front of RFA, hands in fists	---	---	Smooth; knees pointing forward
2	L knee up & side	---	In air (LF)	LA straight down & slightly side w/LH fist, RH fist slightly out from R side of body w/R elbow bent & pointing R	Normal elevation		Sharp; L knee pointing L, LF behind R knee, head looks L & down
3	LF down & side (crossing behind RF)	1/4 R	T	RHO forming a "C" shape slightly above R shoulder, R elbow fully bent & pointing forward, LA straight down at side w/LH blade & fingers pointing down	Lower slightly	Slightly R	Smooth; head looks over R shoulder
4	LF forward	1/4 L	T, H (LF); H release (RF)	RA forward & slightly bent w/RHO, R palm facing up. LA down at side	Normal elevation	Body straight	Smooth; head looks forward, RA slowly comes down



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