

DANCE ROUTINE



MOVEMENT	COUNT	BLOCK
WALK FORWARD	1 2 3 4	1
SIDE JUMP RIGHT & LEFT	5 6	
SIDE SLIDE RIGHT	7 8	
BALL CHANGE STEP RIGHT & LEFT	1 & 2 3 & 4	2
IN OUT KNEE CRUNCH RIGHT & LEFT	5 & 6 & 7 & 8	
CHEST CONTRACTION X 2 RIGHT & LEFT	1 & 2 3 & 4	3
LEG LOCK PENDULUM RIGHT, LEFT, RIGHT	5 & 6	
MARCH	7 8	
SIDE ROCK RIGHT & LEFT	1 2	4
LEFT KNEE CRUCH & SIDE SLIDE LEFT	3 & 4	
SPIN RIGHT & HIT	5 6 7 8	

PROPER PROGRESSION

