



8 Step Back Rf.

**Section IV:**

**Bar 13: Point Step / Point Step / (Hands) Roll-& Roll-& Roll-& Stand**

1,2, Point Lf. front (Point R. index finger to audience) / Step Lf at side of Rf.  
3,4 Point Rf. front (Point L. thumb to your nose) / Step Rf at side of Lf.  
5,6,7 Bent legs & roll hands several times in front of body: Roll & Roll & Roll &  
8 Stand up with weight on Rf. (with hands open like "no more".)

**Bar 14: Point Step / Point Step / Point Step / Point**

1,2, 3,4 Point Lf front (Rh "give me") / Step Lf at side of Rf / Point Rf front (Lh "give me") / Step Rf at side of Lf.  
1,6,7,8 Point Lf front (Rh "give me") / Step Lf at side of Rf / Point Rf (Lh "give me") / Hold

**Bar 15: Side Close Side Hold / Side Close Side Hold**

1,2, 3,4 Step Rf to R. / Step Lf next to Rf / Step Rf to R. / Hold / (Coping with rolling arms anticlockwise).  
5,6,7,8 Step Lf to L. / Step Rf next to Lf / Step Lf to L. / Hold / (Rh hit L. chest 3 times).

**Bar 16: Run Run Run Run / Back Shimmy Shimmy Shimmy**

1,2,3,4 In spot running 4 steps - R. L. R. L.  
5 Step Back Rf (Lf light touch in front)  
6,7,8 Shimmy 3 times.

**Section V:**

**Bar 17 Point Step Point Step / (Hands) Roll-& Roll-& Roll-& Stand  
(Same as Bar 13)**

**Bar 18 Point Step / Point Step / Point Step / Point  
(Same as Bar 14)**

**Bar 19 Side Close Side Hold / Side Close Side Hold**

1,2, 3,4 (Same as Bar 15)  
5,6,7,8 (Legs same as Bar 15, \*with hands swiping to left like a 'slop'.)

**Bar 20: Run Run Run Run / (Jump + Hand) Sun Circle Down**

1,2,3,4 (Same as Bar 16 – 1,2,3,4)  
5,6,7,8 Bouncing jumps 4 times – with hands raising up then circle down at sides.  
(\*1st round jump with gentle legs, ended with a Rf touch. / 2nd & 3rd round, jump with legs opened - to cope with coming up series of motions.)

**Tag: (4 counts x 8 = 4 Bars): Bent-bent- bent-bent- bent-bent- touch(+stab)**

**Start with "robot mountain post" - legs wide opened, arms bent at sides and fingers point sky:**

1& Drop R. elbow and touch Lf. / Drop L. elbow and touch Rf.  
2& Drop R. elbow and touch Lf. / Drop L. elbow and touch Rf.  
3& Drop R. elbow and touch Lf. / Drop L. elbow and touch Rf.  
4 Touch twist (toes in) Rf., to stab R. hand towards left.

**Last Update – 15th Dec 2016**

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**Fitness Dance Youtube: <https://www.youtube.com/watch?v=3EbBHoRgn-Y&list=RD3EbBHoRgn-Y#t=11>**

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