



3&4 M: LF behind – RF next to the LF – LF in front  
W: RF behind – LF next to the RF – RF in front PD

5&6 M: RF in front – LF cross behind (Lock) – RF in front  
W: LF in front – RF cross behind (Lock) – LF in front

7-8 M:  $\frac{1}{4}$  turn to right LF to left (Stomp) – RF next to the LF (Stomp)  
W:  $\frac{1}{4}$  turn to left RF to right (Stomp) – LF next to the RF (Stomp)

**Leave your hands**

**Start from the beginning**

**Restart: At the 3rd routine after the first 8 counts start from the beginning**

**Last Update: 6 Jul 2024**

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