

(Stretch both arms out sideways)

[25-32] PUNCH RIGHT FIST DOWNWARD X 4, CHEST CONTRACTION

- 1& Punch right fist downwards over left knee, pull back right fist
- 2& Punch right fist downwards over left knee, pull back right fist
- 3& Punch right fist downwards over left knee, pull back right fist
- 4& Punch right fist downwards over left knee, pull back right fist

(body faces left diagonal)

- 5& Placing left hand behind left ear, contract chest
- 6& Placing left hand behind left ear, contract chest
- 7& Placing left hand behind left ear, contract chest
- 8& Placing left hand behind left ear, contract chest

(body faces right diagonal)

[33-64] "HAND WAVING, CLAP, HORSE STEP, 1/4 TURN LEFT, TOUCH" X 4

- 1-2 Raise both hands and wave to right side twice
- 3&4 Wave hands to left side, clap, clap
- 5&6 Rock R forward, recover onto L, rock R forward (both hands like holding reins)
- 7-8 Turning 1/4 left step L to left side, touch R beside L

[17-64] (repeat above 8 counts for another 3 times to complete a full left turn)

TAG

- 1-2 Step R to right side, touch L beside R
- 3-4 Step L to left side, touch R beside L

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