

Slap each hitched knee with the opposite hand

1-8 Step right-left-right forward, hold, step left-right-left forward, hold

1-8 Step right forward, pivot $\frac{1}{2}$ left onto left foot, step right forward, hold, run forward on left-right-left, hold

1-4 Right toe strut forward, left toe strut next to right

5-8 Right toe strut to right side, left toe strut to left side

Feet should be apart to start again

REPEAT