

Each sequence 4 times.

var 10

i. step fwd. on R, L heel comes off, take weight back onto L, close R to it - pivot & $\frac{1}{4}$ turn to R on L foot on R heel.

ii step fwd. on R, L lifts in air, step back on L, add R to it, pivot & $\frac{1}{4}$ turn as before

iii step fwd R, lift L as before, so fwd. onto it & lift back R heel

take weight back onto R foot, step back L, close R to it & $\frac{1}{4}$ pivot turn as before

iv step fwd R, lift L, so fwd. onto it & $\frac{1}{4}$ turn to L onto it bringing R to join L, knees bent, $\frac{1}{4}$ pivot turn back on yourself to L on L foot on R heel, step back R L & $\frac{1}{4}$ turn to R on next step which begins

v. step R lift L to repeat step L lift R, step R lift L, step back L R L & $\frac{1}{4}$ turn on 1st step then to next side

vi step R, lift L to, step fwd. L, step fwd R & heel on L, $\frac{1}{2}$ turn to L ending on

both knees, hands on floor, head on floor, push up to standing, step fwd. in direction you are facing & take 3 walks L R L $\frac{1}{4}$ turn to L & start again.

vii step R, lift ~~to~~, step fwd L - - - - -
to heel as before in vi - push legs out behind you along floor till body is fully extended, pull back to your feet, push up to standing. 5 walks fwd.

L R L R L (directions as for vi but covers much more space).

viii step R, left L, step fwd L, R foot curls behind L ankle as in a trip, land R L which breaks rhythm, step back **R R** & re-establish slow tempo.

diag. section.

ix look diag to R, step R diag to R, step bk on L ^{face} facing R diag, close R to L, step L R ^{to face fr.} to face fr. look to R side, step R, close L to it making $\frac{1}{2}$ turn to R side

x look diag. shift to face DSL picking up R. foot. Jump twice ^{sideways} to R ~~side~~ ^{turn} turn $\frac{1}{2}$ turn **LR** US (i.e. $\frac{1}{2}$ turn $\frac{1}{8}$ from your front) walk R & bump R to it making $\frac{1}{2}$ turn.

*R technique

iii \rightarrow 2 walks R L - \leftarrow 4 back, step side _{close}

iv \rightarrow 2 fwd. \leftarrow 2 bk \rightarrow 2 fwd. \leftarrow 2 bk. step side close. _p

v turn to L & 4 back ^{dir. \rightarrow} _{face here}, 6 fwd. \leftarrow

between 2nd & 3rd a kind of lunge-like a leap without leaving the floor - rhythm undisturbed. turn to R to fr. $\frac{1}{2}$ turn to change to next side _p

vi 2 fwd ↗ 2 slipping steps
to side focus remains to diag
so head is turned over R.
Shoulder, 2 more steps same line,
4 steps bkwards. on same line

~~vii step R ↗ on diag. & fall abt R.
step ^{bk.} L R close to it step L R L,
R lifts fwd. fall back from it RL~~

viii 8 runs fwd. ↗ - 2 walks bk ↖
½ turn + 4 walks fwd. on
same line.

viii