

DANCE STEPS (1-10)

1. **Toe Tap:** (tap toe without transferring body weight, can be done to the front, side, or back)
2. **Heel Tap:** (tap heel without transferring body weight, can be done to the front or side)
3. **Pivot:** (step forward with one foot, transfer weight to the balls of the feet, make a 180 degree turn, you should now be facing the opposite direction, make the turn to your open side—legs should not be twisted)
4. **Shuffle:** (step forward with one foot, slide the back foot even with the instep of the forward foot, step forward again with the first foot and hold)
5. **Rocker:** (step forward with one foot, lift the back foot, place the back foot on the ground, raise the front foot and hold)
6. **Cha-Cha:** (combine the shuffle and rocker steps—step forward with one foot, slide the back foot even with the instep of the forward, step forward again with the first foot, step forward with back foot, lift the new back foot, place the new back foot on the ground, raise the front foot and hold)
7. **Grapevine:** (step to the side with one foot, step behind and past the first foot, step to the side with the first foot again, finish with feet apart and weight on the outside foot)
8. **Crossover:** (step to the side with one foot, step in front and past the first foot, step to the side with the first foot again, finish with feet apart and weight on the outside foot)
9. **Kick-ball-change:** (kick the right foot forward from the knee, bring the right foot down and place your weight on the ball of your right foot, slightly lift your left foot and immediately place it back in the starting position, finishing with your weight on your left foot)
10. **Jazz-box-step:** (move your right foot forward and left across your body, step down, move the left foot directly behind the right foot, move the right foot diagonally back to the right so that it is parallel to the left foot, slide the left foot to the right foot)