



4 FRONT TOE TAPS
4 BACK TOE TAPS
REPEAT **WITH STICKS**

1 STICK - **RIGHT SIDE** (1 & 2) >> **PAUSE** (3 & 4)
1 STICK - **LEFT SIDE** (5 & 6) >> **PAUSE** (7 & 8)
REPEAT WITH **2 STICKS**



SHUFFLE FORWARD
(1,2,3,4)
SHUFFLE BACK
(5,6,7,8)

IN SQUAT
TOP 1,2 >> SIDE 3,4
TOP 5,6 >> SIDE 7,8

16 COUNTS HIGH
KNEES W/
STICKS

4 COUNTS >> TOP
4 COUNTS >> SIDE
4 COUNTS >> FLOOR
4 COUNTS >> OVERHEAD

