



Junior Kick Series

8 Around the World (Right leg); close on 7

8 Around the World (Left leg); close on 7

88 Kick 6 X (JKR, JKL, JKR, JKL, JKR, JKL) pivot w/left foot to back (5-6); hook up on 7-8

88 Repeat to the back; ending series facing front 88 Step swings ("Exercise Kicks") 4 times in place; step left kick right first. 8 Jump fans to right 3 times, close on 7

8 Jump fans to left 3 times; close on 7



Senior Kick Series

8 Hold 6 hooking up on 7,8

8 Jump Kick (jk) right (rt) leg to left (lt) 1,2 hook rt 3 point to rt 4 jk front (ft) rt 5,6 jk ft left 7,8
8 Jk lt leg to rt 1,2 hook lt 3 point to lt 4 jk ft lt 5,6 jk ft rt 7,8

8 Star Kicks: jk rt to lt 1,2 jk rt leg ft 3,4 jk lt ft 5,6 jk rt to rt 7,8
8 Jk rt ft 1,2 Rt fan 3,4 jk lt ft 5,6 close ft 7,8

8 Around the world series: starting with the rt leg to left 1,2 ft rt 3,4 rt side 5,6 close ft 7,8
8 Jk lt leg to rt 1,2 ft lt 3,4 lt side 5,6 close ft 7,8

88 6 ft kicks series: jk rt 1,2 jk lt 3,4 jk rt 5,6 jk lt 7,8 jk rt 1,2 jk lt 3,4 step lt 5,6 turn to back and hook up 7,8

88 Repeat 6 kick series and turn to the back starting with rt jk

88 Swing kick series: step lt 1 swing rt 2 step back (bk) rt 3 bk lt 4 step rt 5 swing lt 6 step bk rt 7 bk lt 8
Repeat the same swing kick series close 7,8

8 3 right fans jump fan rt 1,2 and 3,4 and 5,6 close ft 7,8

8 Full set of bye byes or graduated kicks: jk rt pt 1,2 jk lt level 3,4 jk rt high 5,6 jk lt high 7,8

8 Jk rt pt 1,2 jk lt level 3,4 jk rt high 5,6 close ft 7,8

8 3 left fans jump fan lt 1,2 and 3,4 and 5,6 close ft 7,8

88 Full set of bye byes or graduated kicks closing 7,8

1 Clean arms on 1