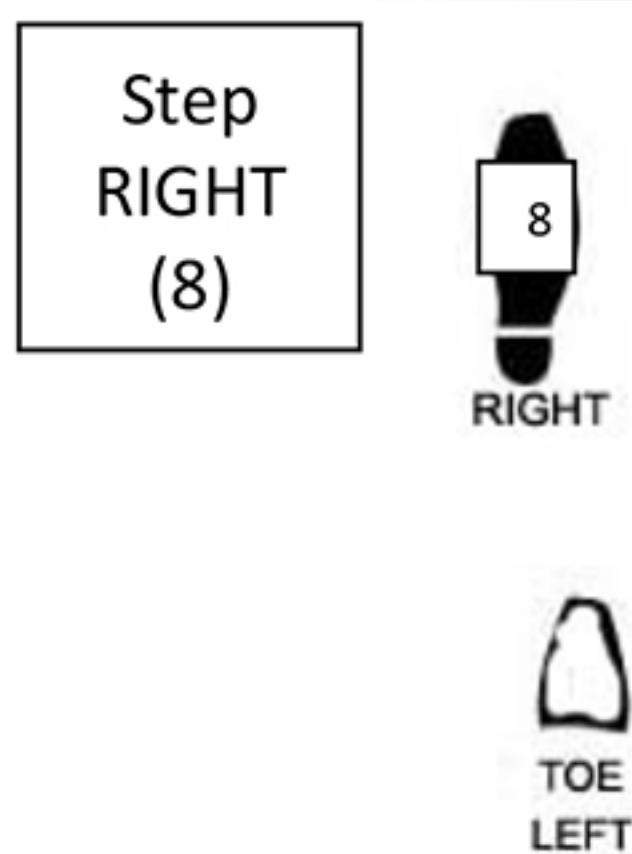
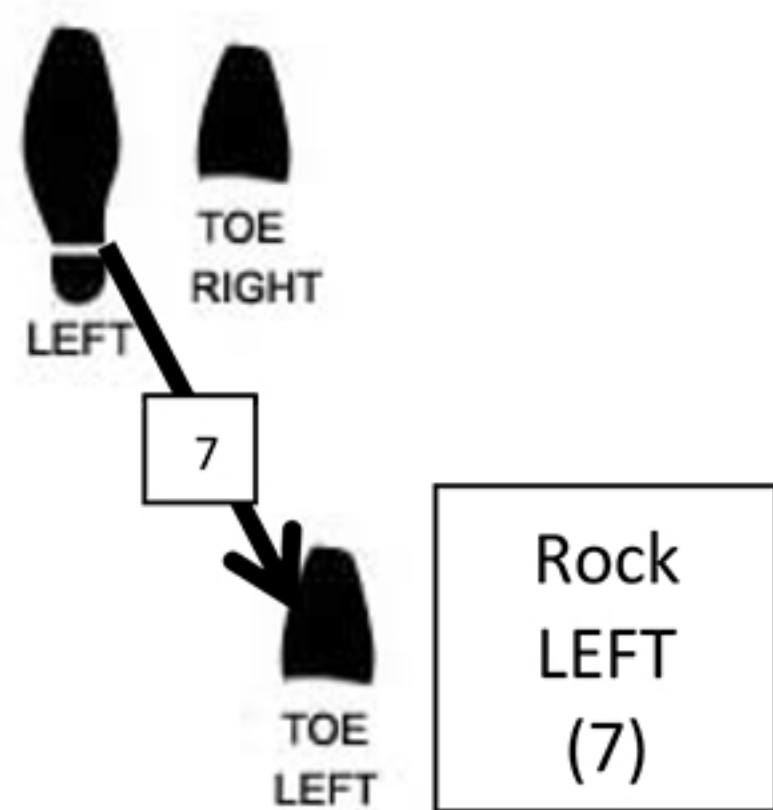
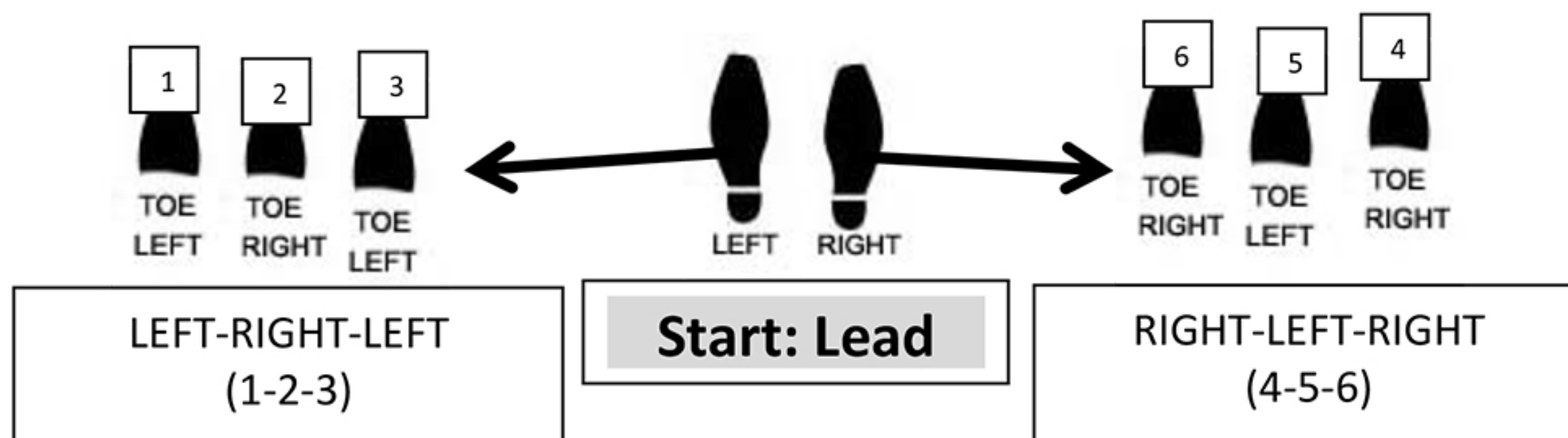


TRIPLE STEP BASIC (SAY: “TRIP-le-step, TRIP-le-step, rock-step”)

Remember: Keep the weight on balls of your feet.



TIPS: Keep your weight mostly on the balls of your feet. This helps you stay nimble, and to change direction more easily.

TRY THIS: Turn a little as you perform your basic step (either single or triple). Imagine an asterisk on the floor. * Each time you start the basic step (either LEAD or FOLLOW), turn toward the next “arm” of the asterisk. After a few times, you will have made a whole turn! Try it both toward the LEFT and toward the RIGHT!

WEEKLY BALANCE CHALLENGE: Improve your balance and your swing dance moves by practicing your rock step! **Stand with your feet staggered (one foot in front of the other) and alternate rocking forward and backward**, shifting your weight fully onto each foot. **Make sure to alternate which leg is forward!**

SAFETY TIP of the DAY: Clear the floor and scan! Make sure that your “dance floor” is clear of clutter and that you can see where you are going. “Glance as you dance” frequently to be sure no people, pets, or other obstacles are in your way. Not sure? Stop, check and start again.

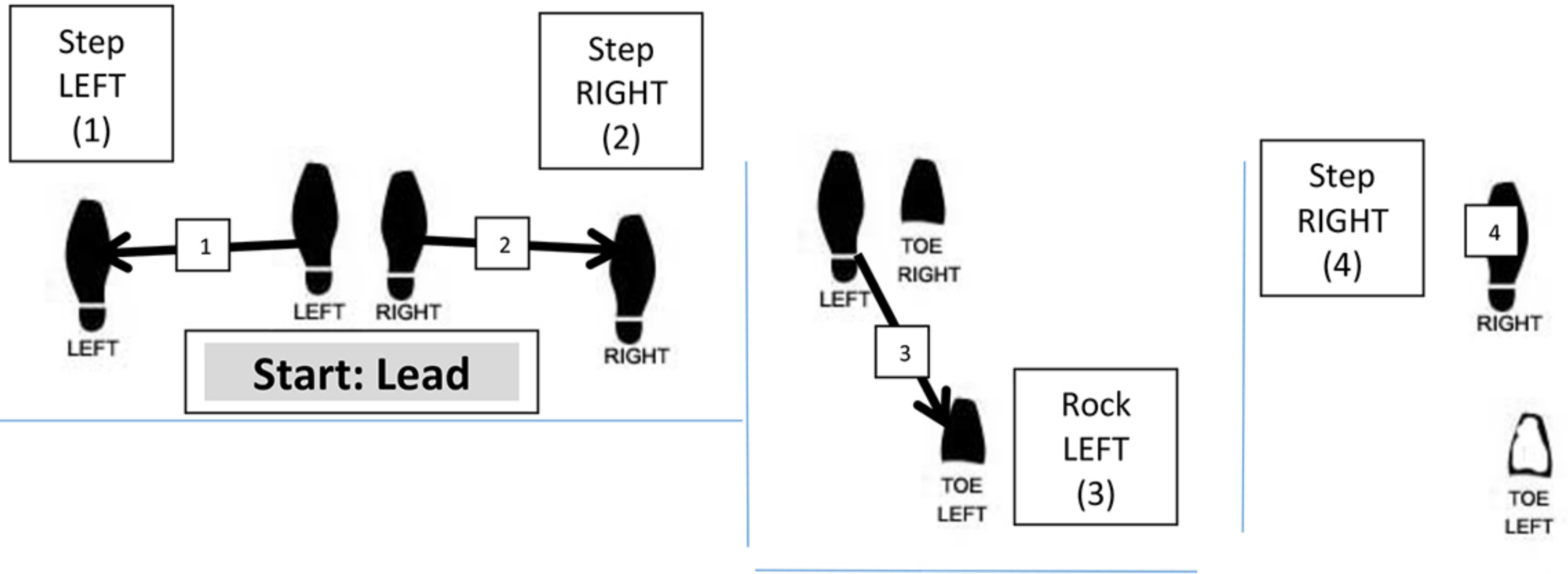


Remember to WARM UP and COOL DOWN!

Practice LEAD (left first) and FOLLOW (right first) for all steps.

BASIC STEP (SAY: “Step, step, rock-step”)

Remember: This is a “Slow, slow, quick-quick” rhythm.



NOW, try the FOLLOW part – starting on the RIGHT foot.