



## PART C-JIVE/FOXTROT

### 1-4 SAILOR SHUFFLE 4X;-; DBL RK APT; CHASSE LFT/RT;

- 1-2 1&23&4 Fcg DLC in low BFLY XLIBR/sd R, sd L, XRIBL/sd L, sd R; repeat;  
3 1234 Rk bk L, rec R, rk bk L, rec R;  
4 1&23&4 Sd L/cls R, sd L, sd R/cls L, sd R;

### 5-6 STEP/HOP SLIDE TCH CP DLC; SLOW CONTRA CHK AND RECOVER;

- 5 1&- 3- Step on L/hop on L lower and push off slide on R lead hands joined right side lead with sway to left extend M's rt W's lft hand out from side twd DLW,-,take weight on R correct sway blind to CP DLC, drw L to R no weight;  
6 SS Commence upper body lfc trn lowering on R check fwd L with rt side lead to CBMP,-, rec bk R blind to CP DLC,-;

### 7-12 FOXTROT DIAM TRN;-;-;-; DBL REV; CHG OF DIR LOW BFLY;

- 7 In CP DLC fwd L trng lfc,-, cont trn sd and bk R, bk L to BJO DRC;  
8 Bk R trng lfc,-, sd L, fwd R BJO DRW;  
9 Fwd L trng lfc,-, cont trn sd and bk R, bk L to BJO DLW;  
10 Bk R trng lfc,-, sd L, fwd R BJO DLC;  
11 SQQ Fwd L comm lfc trn,-, sd R 3/8 trng lfc btwn 1 and 2, spin lfc 1/2 btwn 2 and 3 on ball of R brng L to R no weight (SQ&Q) (W bk R comm lfc trn,-, cls L to R heel trn 1/2 between 1 and 2/ sd and bk R trng lfc, XLIFR);  
12 SS Fwd L,-, fwd R with rt shldr ld trng 1/4 lfc, drw L to R blind to low BFLY DLC;

### 13-16 SAILOR SHUFFLES 4X;-; DBL RK APT; CHASSE LFT/RT;

- 13-16 Repeat Meas 1-4;-;-;

### 17-18 STEP/HOP SLIDE TCH CP DLC; SLOW CONTRA CHK AND RECOVER;

- 17-18 Repeat Meas 5 and 6;-;

## END

### 1-2 DBL REV; FWD, RT LUNGE;

- 1 SQQ Fwd L comm lfc trn,-, sd R 3/8 trng lfc btwn 1 and 2, spin lfc 1/2 btwn 2 and 3 on ball of R brng L to R no weight (SQ&Q) (W bk R comm lfc trn,-, cls L to R heel trn 1/2 between 1 and 2/ sd and bk R trng lfc, XLIFR);  
2 SS In BJO DLC fwd L to CP,-, flex L knee moving sd and fwd R flex R knee keep poise over R leg,- (W look to lft);