**Number 1 (2 sets of 8 counts)**

**Right Arm double pump up (cts 1 & 2)**

**Left Arm double pump up (cts 3 & 4)**

**Right Arm double pump up (cts 5 &6)**

**Left Arm double pump up (cts 7 & 8)**

**Reach right arm high across body (ct 1)**

**Pull arm into body (ct 2)**

**Reach left arm high across body (ct 3)**

**Pull arm into body (ct 4)**

**Reach right arm high across body (ct 5)**

**Pull arm into body (ct 6)**

**Reach left arm high across body (ct 7)**

**Pull arm into body (ct 8)**

**Video seconds---:05 to :12 and :43 to :49**

**Number 2 (2 sets of 8 counts)**

**Both arms to right of body, flick hands up 4 times (cts 1-2-3-4)**

**Both arms to left of body, flick hands up 4 times (cts 5-6-7-8)**

**Both arms to right of body, flick hands up 4 times (cts 1-2-3-4)**

**Both arms to left of body, flick hands up 4 times (cts 5-6-7-8)**

**Video seconds--:13 to :21 and :50 to :59**

**Number 3 (2 sets of 8 counts)**

**Point right finger across body shoulder high and move to left parallel to ground (cts 1-4)**

**Point left finger across body shoulder high and move to right parallel to ground (cts 5-8)**

**“Skate” step Right, Left, Right & Right**

**(cts 1-2-3 & 4)**

**“Skate” step Left, Right, Left & Left**

**(cts 5-6-7 & 8)**

**Video time--:21 to :29 and :59 to 1:07**

**Number 4 (2 sets of 8 counts)**

**Facing right-Lower arm slices (cts 1-2), Whole arm slices (cts 3-4)**

**“Cabbage Patch” step –Stirring arms parallel to ground *two times* counter-clockwise**

**(cts 5-6, 7-8)**

**Facing left—Lower arm alices (cts 1-2), Whole arm slices (cts 3-4)**

**“Cabbage Patch” step –Stirring arms parallel to ground *two times* counter-clockwise**

**(cts 5-6, 7-8)**

**Video time--:30 to :37 and 1:08 to 1:15**