

5 Alive Steppers Dance Warm Ups

Please for the assistance, energy, and participation in class count during class for each dance move

(Practice warm up steps complete 4 times each 2 forward and 2 backward)

- 1. Moving Grapevine forward and backward (4 to left and 4 to the right)**
- 2. Moving Skip forward and backward (3 to right and 3 to the left)**
- 3. Moving Cha Cha forward and backward (2 to left and to the right)**
- 4. Moving Shuffle forward and backward (4 count starting w/ right and 4 count starting w/ left and alternate each side)**
- 5. Moving Step Pivot Turn (Step w/ left forward and step backward with left ft keeping right ft on floor and alternate stepping forward w/ right foot first)**
- 6. Moving 4 Point Turn forward and backward (starting w/ left foot then right foot and keep alternating feet)**
- 7. Moving Sailor forward and backward (starting with right foot back 3 count then left foot back 3 count)**
- 8. Moving Shuffle Pivot Turn (starting with right foot 3 count and 4 count and alternate starting feet)**
- 9. Moving Basic 8 Count Chicago Step (Forward and Backward)**
- 10. Moving 8 Count Half Turn (Step Back) Chicago Step (Forward and Backward)**
 - After Warm up practice is Cupid Shuffle and Wobble**