

## GOOD, GOOD FATHER

- 1) STEP LIFT, TOUCH, LIFT R, L; CROSS BACK LTL  
STEP OVER, LIFT, TOUCH, LIFT.  
STEP BACK LIFT, TOUCH, LIFT R, L; CROSS BACK, LTL;  
STEP OVER, LIFT, TOUCH, LIFT.  
AGAIN FRONT  
BOW
  
- 2) UP & BOW R 3X OPP ARM UP; REACH R  
REPEAT OTHER SIDE; KNEEBEND UNFURL

REPEAT 1 & 2

1:54

- 3) STEP UP LIFT; LUNGE PULL UP SIDE TO SIDE 3x  
KNEEBEND UNFURL; REPEAT OTHER SIDE

REPEAT 1 (2X)

3:14

REPEAT 2 (2X)

REPEAT 3 4X R, L (8X)

REPEAT 1 FRWD, BACK, FRWD, BOW