

EYE ON IT

- 1) 2 STEP PULL DOWN ; STRIDE AND TWIST R,L
REPEAT
- 2) SHORT STROLL PUSH & SNAP; HEEL LIFTS
TURN SINGLE PUSH FRONT 4X
- 3) PUNCH AND PULL 2 R,L 2X
- 4) PLIE TRUNK ROTATIONS – EYE ON IT

REPEAT 1,2,3,4

REPEAT 1

- 5) JJ; BODY ROLL; SHLDR POP 3 6X

REPEAT 2

EYE ON IT.....