



Sevens!

How many do we do? ...**SEVEN!**

It goes... CUT, 2, 3, 4, 5, 6, 7

Start out in criss cross position.

Cut with your right foot (CUT) and put it out to the side (2). Bring your left foot in behind your right (3). Right foot out to the side (4). Left foot behind (5). Right to the side (6), Left behind (7).

Always keep **RIGHT FOOT IN FRONT** and **LEFT FOOT BEHIND** when going right.

Don't forget to keep your **TOES OUT** and **CRISS CROSS** and **ON YOUR TOES** the whole time too!

