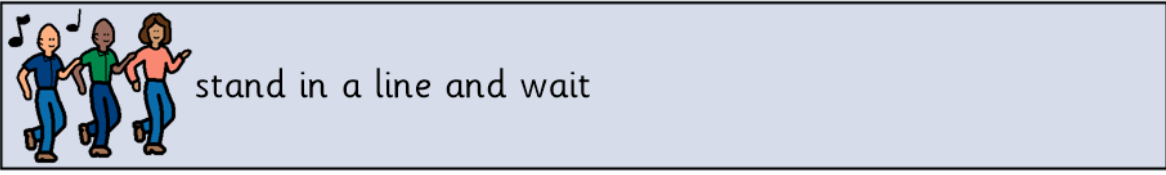
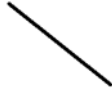




The Slosh



Move your left leg one move to the left.



Move your right leg diagonally left in front of your left leg.



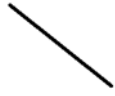
Move your left leg one move to the left.



Kick your right leg to the left.



Move your right leg one move to the right.



Move your left leg diagonally right behind your right leg.



Move your right leg one move to the right.

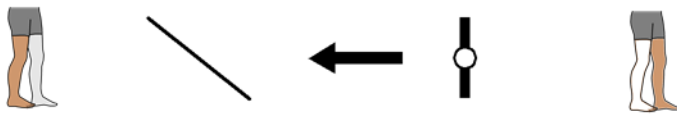



Kick your left leg to the right.







 Move your left leg one move to the left.

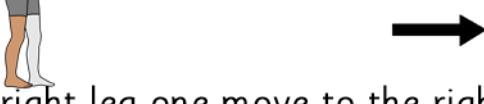
 Move your right leg diagonally left in front of your left leg.

 Move your left leg one move to the left.

 Kick your right leg to the left.

 Move your right leg one move to the right.


 Move your left leg diagonally right behind your right leg.

 Move your right leg one move to the right.

 Lift left foot behind body and tap left heel with right hand.

 Lift left knee forward and twist on right foot to turn whole body 1/4 turn.

 Tap raised left knee with right hand.

 Kick left leg out again and clap under left leg.

 Repeat from beginning until music is finished or you are too tired!