

KICK

Chasse across the floor (silently hit 5th position in the air)
Chasse R 12, Step L 3, Kick R 4, Clean 5678; switch sides
Alternating kicks, keep heel down (up fast, down slow); backward kicks
Kick front L, Open front R, Back kick L, Step together 78
Step L 1, R Leg hold 23, Rest 4; repeat
Jazz Walk 123 (low), Kick 4 (high)
Step L, Kick R, Step R, Hold L 456, Turn 78; switch sides

LEAP

Leap	Chasse 12, step 3, leap 4, land 56, prep 78; switch sides
Russian (Center)	Tembe (to fall), pas de bouree (back side front), Russian jump Step L, Kick R, Step R, Cross L, Tembe pas de bourree, Russian
Switch leap	Step R, Step L, Brush front, brush back (plie); add a jump Chasse R, Step L, Switch leap
Capezio Jump	Chasse R, Step L, Capezio leap (arms/head back; think of throwing back leg above your head)
Capezio Switch	Chasse R, Step L, Switch Leap Capezio
Calypso Leap	Chaine up, Chaine down, Single-barrel turn (think of a fan kick)
Double-Barrel Turn	Chaine up, Chaine down, Double-barrel turn (think of a C-jump)

JUMP

Karate Kid	Step R, Pencil turn, Prep to the back RL, Fan R and Tuck L, Land in 4th
Ronverse Jump	Chaine up, Chaine down, Ronverse (Fanning tuck jump)
Tilt Jump	Step, Assemble, Tilt Jump (either side)

TURN

A la seconde Turns	Tendu R 12, Rond de jamb back 34 (keep right leg straight), Plie DSL 5, Open 6... Land in 4th
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