



LB/RB 135 Degree Angle Bent Leg

Step 1: Step R

Step 2: Step L

Step 3: Step R + LB 135 Degree Angle Bent Leg + Quarter Pivot CW

Step 4: Step L

Step 5: Step R

Step 6: Step L + RB 135 Degree Angle Bent Leg + Quarter Pivot CCW

Dynamic Leg Positions and 1-Step Turn

The next turn will encompass Dynamic Leg Positions and again, the motion of the leg with aide in the turn. First, try the turn without the steps. Pivot on the R and pass through each leg position on the L. Start with the leg extension at floor level and once you're comfortable with that, bring the leg extension into a low level.

Step 1: L Leg Extension

Step 2: LF Leg Extension

Step 3: F 135 Degree Angle Bent Leg

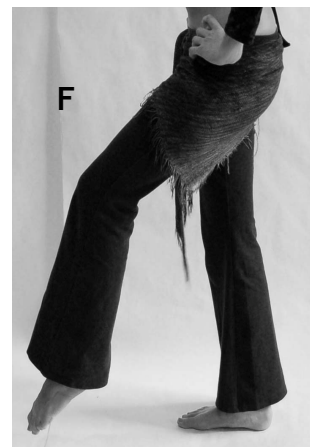
Step 4: RF 135 Degree Angle Bent Leg

Step 5: Neutral 135 Degree Angle Bent Leg

Step 6: Touch L toe to floor in 1st to stabilize, or touch B.

The pivot happens during Steps 3-5. You can think of the foot and lower leg almost doing a CW "stirring" action to help power the turn. Envision how this leg movement would feel if you were in a pool of water. Start with quarter turns, then work up to half turns and full turns as you become more comfortable with the movement. When you're ready, try it with the steps from the previous exercise.

Now let's change gears and move in a side to side pattern with a modified grapevine and add a Leg Position or Dynamic Leg Position on the end before heading in the opposite direction. Begin facing F Directional, traveling to the R.





LB/RB Leg Extension

- Step 1: Step R
- Step 2: Cross L in Front
- Step 3: Step R
- Step 4: Cross L Behind

Step 5: Step R

Step 6: Cross L in Front

Step 7: Step R

Step 8: Pivot CW on R with LB Leg Extension

Repeat opposite side.

LB/RB 135 Degree Angle Bent Leg

- Step 1: Step R
 - Step 2: Cross L in Front
 - Step 3: Step R
 - Step 4: Cross L Behind
 - Step 5: Step R
 - Step 6: Cross L in Front
 - Step 7: Step R
 - Step 8: Pivot CW on R with LB 135 Degree Angle Bent Leg
- Repeat opposite side.



Dynamic Leg Positions

- Step 1: Step R
 - Step 2: Cross L in Front
 - Step 3: Step R
 - Step 4: Cross L Behind
 - Step 5: Step R
 - Step 6: Cross L in Front
 - Step 7: Step R
 - Step 8: Pivot CW on R with Dynamic Leg Position Sequence from previous page
- Repeat opposite side.

LB/RB 90 Degree Angle Bent Leg - Turning in Opposition

- Step 1: Cross L in Front
- Step 2: Step R
- Step 3: Cross L Behind
- Step 4: Step R
- Step 5: Cross L in Front
- Step 6: Step R

Step 7: Cross L in Front

Step 8: Pivot CCW on L with RB 90 Degree Angle Bent Leg

Repeat opposite side.