

***BOLD= do for 20 seconds with R foot, then 20 seconds with L foot**

1 cycle= going from Cone A to Cone B and back to Cone A

For Toe Touches in Place, Foundation in Place, Roll/Push Foundation, Drag and Push and Irish Jig, count number of repetitions completed

Exercise	1st Round (R)	2nd Round (R)	3rd Round (L)	4th Round (L)
Toe Touches In Place				
Toe Touches Forward/Backwards				
Toe Touches Sideways				
Foundation in Place				
Foundation Forward/Backwards				
Foundation Sideways				
Roll/Push Foundation				
Drag and Push with Laces				
Irish Jig				
?				