

## SEQUENCE OF STEPS

### Video #1

Time Stamps

*On DVD, sections are labels with first step  
Steps taught on video in order shown below:*

#### Section 1-Title

#### Section 2 Order:

Double-Toe (Left)  
Double-Toe (Right)

DTS - Left Lead  
DTS - Right Lead

BASIC- Left Lead  
BASIC - Right Lead

Practice Basics

Two-Step  
Walkit (Toe-Heel)  
Heel Strut

#### Section 3 Order:

Cotton-Eyed Joe  
Rock Step  
Triple

**PRACTICE Music (above steps)**

#### Section 4 Order:

Push Left  
Push Right  
Chain Rock Forward  
Rock Back  
Turning Pushes (Full, Half,  $\frac{3}{4}$ ) (L & R)

**PRACTICE Music (above steps)**

#### Section 5 Order:

Double Basic - Left  
Double Basic - Right

**PRACTICE Music (above steps)**

#### Section 6 Order:

Brush  
Side Touch  
Cross Touch  
Kick  
Rocking Chair (L & R)

**PRACTICE Music (above steps)**

#### Section 7 Order:

##### **\*\*Triple Steps\*\***

Triple Rock Step  
Triple Brush  
Triple Kick  
Triple Cross Touch  
Triple Side Touch  
Triple Over

**PRACTICE Music (above steps)**

**TOTAL TIME: 1 Hr. 24 Min.**

*Note: For easy Cross Reference, steps on Step  
Definition sheets are in alphabetical order.*

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