



## **Footwork Drill No.1**

No. 1

Stationary Circle Step: Shift weight to left leg. Then circle the right.  
Repeat on the other side.

No. 2

45 Degree Shift: Shift/Turn 45 degrees.

No. 3

Circle Step: Left leg circles forward bring rear leg in. Repeat on the  
other side.

No. 4

90 Degree Turn: Shift/Turn 45 degrees

No. 5

Side Step: Step to your left twice then to your right.

No. 6

90 Degree Turn/Shift with 2 Arrow Steps: Shift 90 degrees then take  
two arrow steps forward.

No. 7

Side Step and Shift 45 degrees: Step the left foot to the side (same as  
the 5th step) and turn 45 degrees.

No. 8

Parallel Lines to Sideling Stance: Step left leg forward (not circling)  
then the right leg so you end up at 45 degrees.