

Meas Ct VARIATION 3 - Squats and Turns (Men only, when called by the leader)

when this variation is called, drop shoulder hold and face right along the line. Arms should swing freely.

- 1 1-2 Facing and moving R, **Hop** on L, lifting R high
3 **Step** forward on R
4 **Hop** on R bring L past R high
5 **Step** quickly onto ball of L foot beside R
6 **Step** forward onto R

- 2 1-2 Large **Step** forward onto L
3 **Step** onto R beside L, sharing weight
4 **Hold**, standing in place
5 **Squat** in place
6 Come **Up** from squat, weight on both feet

- 3-5 With each measure, take cts 1-4 to turn once in place, then squat and up on cts 5-6. The turns alternate direction with each measure, starting L (3 in all). The turns can be done two different ways. Do them how they are most comfortable for you:

Quick turn

- 1 **Jump** into the air making a complete 360 degree turn, landing on both feet in place. For a Left turn, start with your L arm about 8" in front of your chest and your R arm down to the R and slightly behind. During the turn, bring both hands to just in front of your chest. The arms end up in the reverse of the starting position (L arm down, R arm in front of chest)
2-4 Hold

Slower Turn

- 1 For a Left turn, **Hop** on R foot, turning 180 degrees L, bringing L foot up in back
2 **Hop** on R again, continuing to turn to face original direction, landing with weight on both feet.
3-4 Hold