

# Kick-Step “Mix-Up!” #1

## Week 1

- Basic Footwork x 2 (Optional\* Rotation)
- Throw Away (Optional\* Sweep / Double Sweep)

## Week 2

- Return
- Concertinas
- Under Arm Turn

## Week 3

- Return
- Closed & Open American Spins **OR**
  - Back & Forth American Spin

## Week 4

- Pass Behind the Back
- Back-Rubs **OR**
  - Centre of Attention

## Week 5

- Cuddle & Roll-Out
- Basic Drag Walks
- Under Arm Turn

## Week 6

- Return
- Gate Side to Side **OR**
  - Rotating Gate

<b>Kick-Step (Mix-Up! #1)</b>	<b>Tier 1</b>	<b>Tier 2</b>	<b>Tier 3</b>
<b>Week 1</b>	Basic Footwork	Basic Rotation; Throw Away	Throw Away Sweep/Slide
<b>Week 2</b>	U/A Turn and Return; Basic Link	Turning Link; Concertinas	Apache Rope
<b>Week 3</b>	Open and Closed American Spins	Back and Forth American Spin	Reverse Spins; The Banana
<b>Week 4</b>	Pass BTB; Belly Rub; Back Rub	Centre of Attention	Turtle
<b>Week 5</b>	Cuddle & Roll-Out	Drag Walks	Walk Variations
<b>Week 6</b>	Gate; Gate StS	Rotating Gate	Thread the Needle