

19. WALKING FLAP DOUBLE HEELS - OPPOSITION HEELS

- &1 - Flap R
- &2 - Heeldrops L-R
- Reverse and repeat moving across floor

20. BUFFALO COMBINATION

- 8&a1- Jump R fwd, Shuffle L, Jump L back.
- 2&a3- Repeat Buffalo
- 4&a5- Repeat Buffalo
- &6&7- Shuffle R (Uncrossing the Shuffle) Ballchange R-L. (Buffalo
- Repeat 3 more times & shuffle ballchange turn & reverse. (shuffles to be done to side)

21. IRISH COMBINATION

- &8&1- Shuffle R, Hop L, Step R next to L
- &2&3- Reverse (L Irish)
- &4&5- Repeat (R Irish)
- 6,7- March L-R
- Reverse and repeat 4 times

22. BACK AND FRONT IRISH

- Same as #21 to cross back then 2 Ballchanges (side by side). Then reverse crossing in front. Repeat both. (Be sure to step behind or in frt of knees) At barre and center.

23. CRAMP ROLL

- &1- Step R-L (on ball taps-heels up)
- &2- Heeldrops R-L (Also called heel cramps)
- &3&4- Repeat toe toe, heel heel
- &5&6- Repeat toe toe, heel heel
- 7,8- Heeldrops R-L (also called heel cramps) Repeat 3 times, then repeat 3 Cramp Rolls and Ballchange turn, and reverse

24. MILITARY CRAMP ROLL

- &a&1- R Cramp roll (same footwork as #23)
- 2- Hold
- &a&3,4- Same
- &a&5- same
- 6,7 Heeldrops R-L
- 8- Hold Repeat 3 times on 4th time, Ballchange turn and reverse these

25. HOP SHUFFLE HOP COMBINATION

- 8&a1- Hop L, Shuffle R, Hop L
- 2&a3- Hop L, Shuffle R, Hop L
- 4&a- Hop L, Shuffle R
- 5&a- Hop L, Shuffle R
- 6&a- Hop L, Shuffle R
- 7- Jump R -- Reverse and repeat. LATER: 1/2 turn on Jump turning away from barre to face other side.

26. HOP SHUFFLE HOP - FASTER

- Same as #25 - Faster

27. FLAP STEP

- &1,2- Flap R fwd, Step L in place
- &3,4- Repeat Flap step
- &5,6- Repeat Flap step
- &7,8- Ballchange turn. Reverse and repeat 4 times. NOTE: This exercise is to help you teach the Buck Time Steps, single, double and triple.

28. BALLCHANGES IN ALL DIRECTIONS

- &1- Ballchange R-L with feet together side by side
- &2&3&4- Repeat 3 more times
- 5-8- 4 Ballchanges R-L with R foot straight back
- 1-4- 4 Ballchanges R-L with feet apart (2nd position)
- 5-8- 4 Ballchanges R-L with R foot straight front
- Repeat but only 2 in each direction
- Repeat again only 1 in each direction, then Shuffle Ballchange turn and reverse all.

29. BRUSH HOP

- &1- Brush R fwd, Hop L
- &2- Brush R back, Hop L