



HOE DOWN

Visual: Lumberjacks sawing wood, barn dance.

HEEL OUT and UP Leg forward with flexed foot. Lift knee high and up x4

SWEATY LUMBERJACK Swipe hand & foot back, tap opposite foot in front, skips

LOG MOVING Deep lunge, reach forward and back x 2 , then double up.

SAWING Deep lunge, hands in front, bring one back x 4, add knee crunch x 4

Shorthand

Intro: fiddle whilst moving on the heels 2x8

Set 1

Heel out and up

Skips x 16

Heel out and up x 1, plus 3 skips

Sweaty Lumberjack x2, then 8 skips. Repeat other side.

Log moving x2 each side, then double up x 4

Heel out and up x 1, plus 3 skips Travelling 8 sets

Sawing

Enjoy your free for all hoe down for 4 8's

Set 2

Heel out and up x 1, plus 3 skips

Sweaty Lumberjack x 1 4 skips each side

Sawing half the amount with the 2 knee lifts

added

Finish with Lumberjack pose.

Tips: Lift knee on all skips as high as you can (you can march this as well).

Sweaty Lumberjack : you can make it easier by just tapping foot in front and back.
Log Moving: really stretch forward to reach log and bring it right back.
Sawing: Lift the knee high to the chest.