

## Kick-Step (A) Routine

### Week 1

- Basic (Kick-Step Back)
- Basic (Kick-Step Forward)
- Directional Kicks

### Week 2

- Under Arm Turn
- Return (Optional\* Forward Return) OR
  - Rope (Optional\* Apache Rope)

### Week 3

- Open American Spin (Optional\* Tandem Spin)
- Catapult OR
  - Banana

### Week 4

- Belly Rub
- Flirt & Slide OR
  - Turtle

### Week 5

- Cuddle & Roll-Out
- Roll Across & Return OR
  - Sliding Doors (Short)

### Week 6

- Gate Side to Side
- Exit of Choice

<b>Kick-Step (A)</b>	<b>Tier 1</b>	<b>Tier 2</b>	<b>Tier 3</b>
<b>Week 1</b>	Basic Footwork	2 Steps Forward/Back; Directional Kicks	Kick Ball Change; Kick Step Cross; Slides & Sweeps
<b>Week 2</b>	U/A Turn and Return; Basic Link	Rope; Forward Return	Apache Rope; Surprise Slide
<b>Week 3</b>	Open and Closed American Spins	Spins vs. Turns; Catapult	Reverse & Tandem Spins; Banana
<b>Week 4</b>	Pass BTB; Belly Rub; Back Rub	Flirt; Flirt and Slide	The Turtle
<b>Week 5</b>	Cuddle & Roll-Out	Roll In; Roll Across	Sliding Doors
<b>Week 6</b>	Gate; Gate StS	Gate Back and Forth; Exits	Gate into Thread the Needle