

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

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