

Kick-Step “Mix-Up!” #2

Week 1

- Basic Footwork x 2 (open hold)
- Directional Kicks **OR**
 - 3 Kicks

Week 2

- Under Arm Turn
- Return **OR**
 - Forward Return
- Pass Behind the Back 2

Week 3

- Open & Closed American Spin (Optional* Double Spins)
- Catapult

Week 4

- Belly Rub
- Flirt & Slide, Return **OR**
 - Swing Around (Slide Exit)

Week 5

- Cuddle & Roll-Out
- Sliding Doors

Week 6

- Gate Side to Side
- Tandem Slide Walks

Kick-Step (Mix-Up! #2)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork	Directional Kicks & Variations; 3 Kicks	Toe Flick Cross; Running Kicks
Week 2	U/A Turn and Return; Basic Link	Forward Return; Pass Behind the Back 2	Surprise Slide
Week 3	Open and Closed American Spins	Spins vs. Turns; Catapult	Double Spins & Spin Theory; Double Return
Week 4	Pass BTB; Belly Rub; Back Rub	Flirt & Slide	Swing Around
Week 5	Cuddle & Roll-Out	Sliding Doors	The Tunnel (Alternate Footwork)
Week 6	Gate; Gate StS	Tandem Slide Walks	Towel Variations