

KICKING SET #1

Cover to Left
Neutral Bow

Cover to Right
Neutral Bow



Step Through
Knife Edge

Drag Step
Front Snap

Drag Step
Roundhouse

Drag Step
Back Heel

R

R

R

R

Spinning
Back Heel

L

Spinning
Back Heel

L

Drag Step
Roundhouse

R

Drag Step
Roundhouse

L

Front
Crossover
Knife Edge

R

Drag Step
Front Snap

L

Step
Through
Front Snap

R

Drag Step
Knife Edge

L



L

R

L

R

Step Through
Knife Edge to
Horse Stance

Step Through
Front Snap

Spinning
Back Heel

Step Through
Roundhouse



Cover to Left
Neutral Bow



Step Back to
Left Neutral
Bow



KICKING SET #1

Cover to Left Neutral Bow

Cover to Right Neutral Bow



Step Through Knife Edge

Drag Step Front Snap

Drag Step Roundhouse

Drag Step Back Heel

R

R

R

R

Spinning Back Heel

L

Spinning Back Heel

L

Drag Step Roundhouse

R

Drag Step Roundhouse

L

Front Crossover Knife Edge

R

Drag Step Front Snap

L

Step Through Front Snap

R

Drag Step Knife Edge

L



L

R

L

R

Step Through Knife Edge to Horse Stance

Step Through Front Snap

Spinning Back Heel

Step Through Roundhouse



Cover to Left Neutral Bow



Step Back to Left Neutral Bow

