Help, I’m a Fish – Monday 4:30- Tap

Bounce together in cluster formation and run to straight line

Heel, Toe, Heel, Step R & L

Twist with arms Up

Repeat Heel, Toe Heel Step and Twist

Jump Apart, Jump Together, Jump Apart, Jump Together

Shuffle Step R & L \

Jump Around /Clap(facing right, back, left, front)

Repeat Shuffle Step /Jump Around Clap

Flap, Flap,grapevine R & L

Pivot Turn Slow, Pivot Turn Slow

Jump Apart

8 Skips forward

Chaine (3 step turn) clap to R and L

Gallop R- ball change – L, R, L

Pivot Turn Slow 2 times

Flap Heel, 2, 3, 4, Bounce 4 – Repeat

Heel Pat Toe R, L, R, L

March to spots (8)

Jump Apart

Repeat 1st Step – Heel, Toe, Heel Step

“help me, Help me” - Step Touch R, Step Touch L

Kick, Ball change slow

Step Touch, Step Touch March in a circle

Repeat Step touch with kick ball, change

Repeat Step Touch, March around

Repeat Beginning Step though the jump around

March to ending pose