

Level 3



Barre

1. Nerve Beats
Tap tap tap tap
Beat beat X2
X3 ½ Knock turn
2. Shuffles X12
Knock turn
3. Pick up heel knock X6
Knock turn

Corner

1. Flat beat beat beat
2. Toe heel

Slow Combinations

1. Brush back beat beat X4
Shuffle beat beat X4
Tap step beat heel (dig) toe toe X3
Heels heels heels
X2
2. Tap step X8
Pick up beat beat X4
Tap step brush behind X4 (sideways)
Heel heel pick-up X3 flat
X2

Level 3



Fast Combinations

1. Tap springs X8
Tap step beat beat X4
Toe heel X4
Flat beat brush beat beat
Flat beat brush beat
X2

2. Pain in the tummy X4
Shuffle beat beat X8
Flat flat brush back brush back X4
Knock heel brush beat beat beat X3
Knock heel brush beat beat
X2

Slow Routine

1. Flat flat brush back brush back beat beat X2
Shuffle beat beat X4
X2

2. Tap step X8
Tap step brush behind X4 (sideways)
X2

3. Flat toe toe toe X2 (same foot)

4. Brush back beat beat X4
Heel heel pick-up X4
X2

Level 3



Slow Routine continued...

5. Tap step heel (dig) brush back beat beat X2

Beat beatbeat beat X2 (turning- 1&a2&a3&a4)

X2

6. Brush brush brush brush (single beats criss cross) beat beat flat.

Fast Routine

1. Flat beat brush beat beat X2

Tap spring X6 tap step beat beat

X2

2. Flat beat beat X4

Pain in the tummy X4

3. Shuffle beat beat X4

Pick up beat X4

X2

4. Toe heel X4

Flat knock beat beat X2

X2

5. Heel heel pick-up X2

Heel (dig) brush beat beat X2

X2

Flat.