STEP 1:
START WITH BOTH FEET ON THE GROUND.

STEP 2:
START HOPPING ON YOUR LEFT FOOT.
POINT YOUR RIGHT FOOT OUT TO THE RIGHT.
TOUCH YOUR RIGHT BIG TOE TO THE GROUND,
THEN BRING THAT LEG UP.

STEP 3:
KEEP HOPPING ON YOUR LEFT FOOT.
BRING YOUR RIGHT FOOT, WITH YOUR TOE
POINTING DOWN, BEHIND YOUR LEFT CALF.

STEP 4:
KEEP HOPPING ON YOUR LEFT FOOT.
BRING YOUR RIGHT FOOT BACK DOWN AND
TOUCH YOUR RIGHT TOE TO THE GROUND AGAIN.

STEP 5:
KEEP HOPPING ON YOUR LEFT FOOT.
BRING YOUR RIGHT FOOT BACK UP AND
PUT IT IN FRONT OF YOUR LEFT Shin.

STEP 6:
BRING YOUR RIGHT FOOT BACK DOWN.
REPEAT STEPS 1 - 5 BUT SWITCH FEET.