

KICKING SET

SIDE ONE

(Start in a Left Fighting Stance)

1. Step through Right Front kick
2. Front cross over right side kick
3. Shuffle right round kick.
4. Spinning left back kick

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SIDE TWO

(Start in a Left Fighting Stance)

1. Step through right side kick
2. Shuffle right front kick
3. Shuffle right round kick
4. Shuffle right back kick

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SIDE THREE

(Start in a Right Fighting Stance)

1. Spinning left Back kick
2. Shuffle left round kick
3. Shuffle left front kick
4. Shuffle left side kick

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SIDE FOUR

(Start in a Left Fighting Stance)

1. Step through right front kick
2. Step through left round kick
3. Spinning right Back kick
4. Step through left side kick

SFRB (All Kicks Done With The RIGHT LEG)
(San Francisco Running Back)

BRFS (All Kicks Done With The LEFT LEG)
(Big Round Fat Sumo)

(Alternating kicks from EACH LEG)

If Set is done individually or if space permits, the Set is performed in the BOX pattern shown at the right. At the end of Side One, Two, And Three execute a COVER by stepping BACK with the REAR foot while the FRONT foot PIVOTS in place. In other words, your Right Side will always be facing the inside of the box. You should be FACING THE SAME DIRECTION you started when finished with the set..

** If done with a group, execute a Step-Thru and Cover after #4 Side One, #4 Side Two, and #4 Side Three so that you will basically go up and down the floor on the same path in opposite directions.

