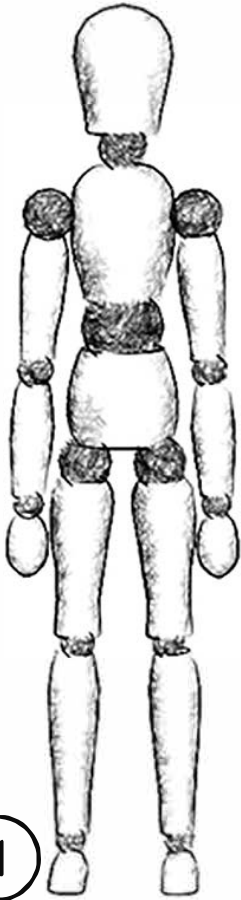


Retro Hustle



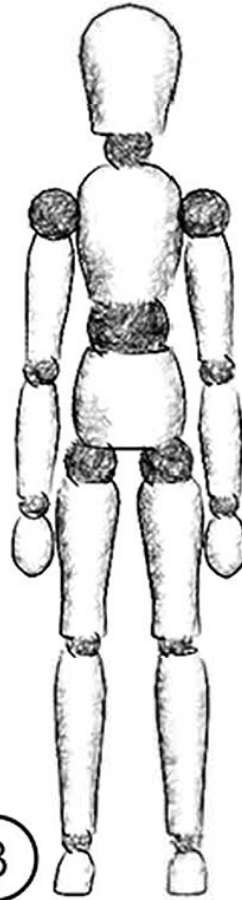
1

Stand with feet in second position (in ballet terms) about a foot and a half (or shoulder width) apart.



2

Shift your weight on your right foot, and cross the left over, touching your toe to the floor with a gentle tap. Let your right arm swing naturally across the body - not too high - in opposition to your left foot.



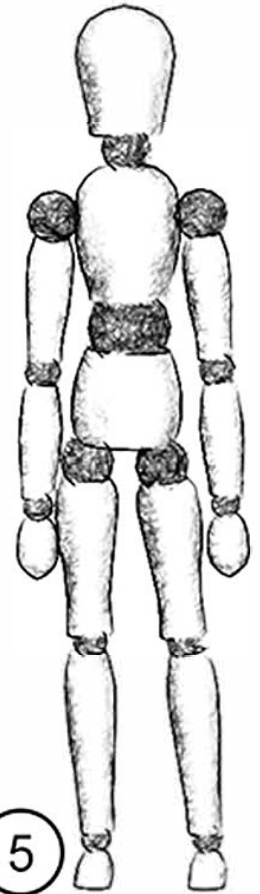
3

Bring your left foot back to parallel, and let your right arm swing back down.



4

Shift your weight onto your left foot, and repeat the move with your right foot. Remember not to think about the arms too much - just let them move naturally.



5

Bring your right foot back to parallel, letting it take some weight.

6. Repeat step 2 with your left foot and right arm. 7. Same as step 3, left foot coming back to parallel position. 8. Return to bringing your right across, starting again with step 1.