

## Step Warm-up

### **Part 1: 1- elevator**

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|----------------------------|--------|
| 1. Front Cross-over        | 1 x 30 |
| 2. Step-Behind             | 1 x 30 |
| 3. Right Leg- Forward/Back | 1 x 30 |
| 4. Left Leg- Forward/Back  | 1 x 30 |
| 5. Linear Foot taps        | 1 x 30 |
| 6. Lateral Foot Taps       | 1 x 30 |
| 7. Lateral Two-foot hops   | 1 x 15 |

**Total Body Stretch 3 minutes**

### **Part 2: 2- elevators---Repeat sequence for part 1**

**Total Body Stretch 3 minutes**