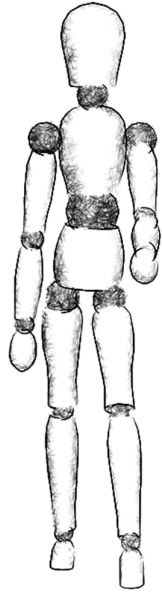


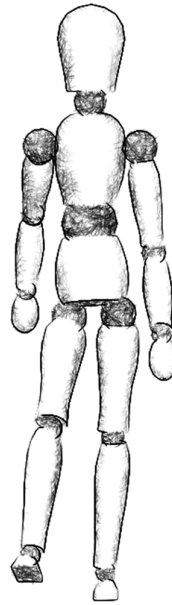
The Swinging Charleston

Step 1



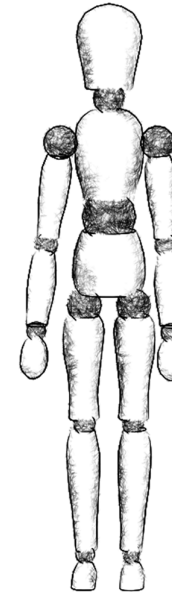
Step your right foot straight behind you, then shift your weight to the right foot. As you do this, swing your left arm forward, keeping a fluid motion.

Step 2



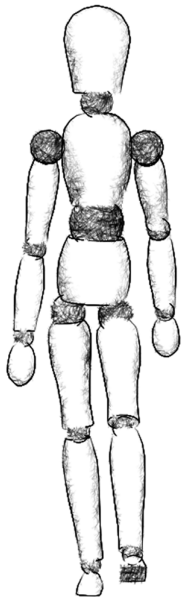
Shift your weight to your left foot and kick your right foot forward. As you do this, move your left arm back by your side while swinging your right arm back.

Step 3



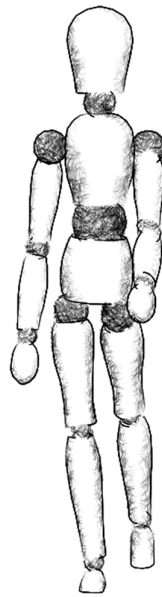
Move your right foot and bring it directly beside your left foot.

Step 4



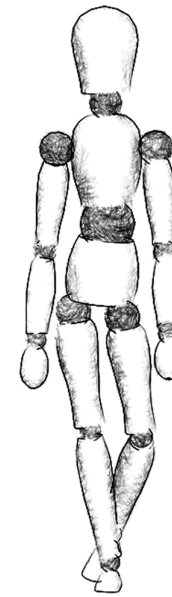
Shift your weight to your right foot and kick your left foot forward. Swing your left arm back in a fluid motion.

Step 5



Move your left foot back, then kick it behind you. Move your left arm forward in a swinging, fluid motion, while returning your right arm to your side.

Step 6



Bring your left foot in and step it behind your right foot.