

## **St. Bernardine Step Routine**

- 1. Reach Back (Right)**
- 2. Reach Back (Left)**
- 3. Single Step (Right)**
- 4. Single Step (Left)**
- 5. Charleston (Right) > left turn**
- 6. Charleston (Left) > right turn**
- 7. Side Step (Right) > arms straight ahead**
- 8. Side Step (Left) > arms straight ahead**

**9.**

**:30 March (in place)**

**:30 Jumping Jacks**

**:30 Step Ups (1<sup>st</sup> Step)**

**X3**