



# Workout 10 Moving 6ths

5 1      5 1

Play 3 times each day.

## Classic Dance

CD 47/48 GM 24

Stately and unhurried

5 1      5 1      5 1

*f* Step, slide, step, slide, left first, then right.

5

See the dancers twirling in the light.

9

*mp* Step, slide, step, slide, step and glide. *f*

13

turning so gracefully, side by side.