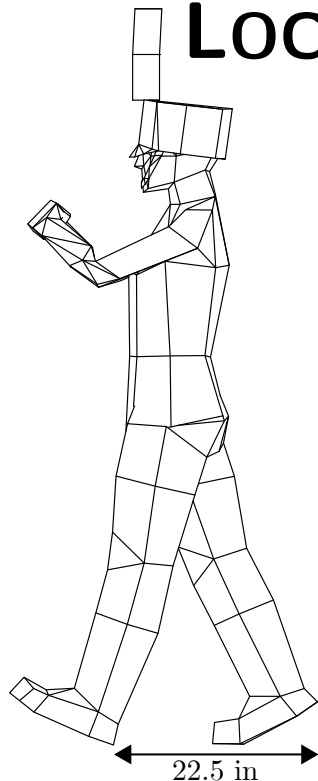


LOCK-PUSH & ROLL STEP

LOCK PUSH!



Upper body
motionless

Feet stepped out
22.5 inches for 8:5 step

Heel impact

Toes raised

Roll through the step

TIPS:

- **Start with the left foot!**
- Only the heel will impact the ground; then the rest of the foot is rolled through
- Sticky note on bottom of shoe: "Hi, Mom!"
- Upper body motionless