# Chuks 3

1. Step out to horse stance and present
2. Shoulder on Right Side
3. 3 triangles (front spin on last one)
4. Catch on Right Shoulder
5. Switch Sides
6. 3 triangles (front spin on last one)
7. Catch on Left Side
8. Switch
9. 3 Fwd spins on right
10. Change direction off thigh
11. 3 Reverse Spins
12. Catch on Right Shoulder
13. Switch sides
14. 3 Fwd, thigh, 3 Reverse, catch
15. Present
16. 3 Figure 8s – Catch and Present
17. Jump Front Kick (Right kick, land in front)
18. Left Side Poke (left hand on top)
19. Step back to horse stance, present.
20. 3 figure 8’s with left hand and shoulder on Left side.
21. LF step, JFK, punch with right hand on top.
22. Step back to horse stance present, D/R