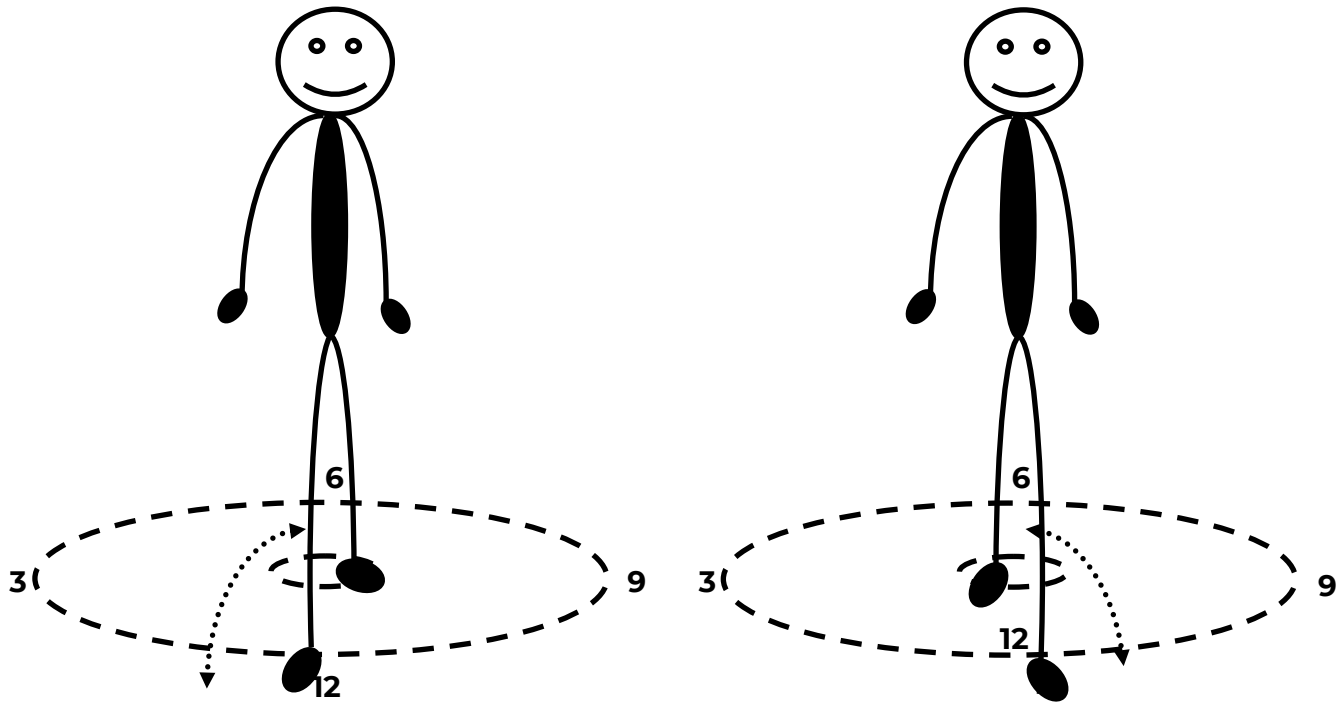


Clock Face Section 1

1. Start first section with 2 knee bounces, -Keep **left foot** in the centre at all times step the right foot out to **#12** and back to the centre (so **#12** and back to the centre lasts 2 beats), repeat for **#3** and back and **#6** and on the clock face; this should add up to 8 beats in total repeat this several times so the pupils are secure
2. Now repeat but this time the **right foot** stays in the centre and the left foot steps out to **#12, #9** and **#6** - Start with 2 knee bounces so the whole section adds up to 8 beats - repeat this several times until the pupils are secure



Clock Face Section 2

1. Keeping the **left foot** in the middle step the right foot back to **#6** and step back to centre —this should last 2 beats
2. Now keeping **right foot** in centre and sending left foot back to **#6** and step back to centre—this should last 2 beats
3. Now continue to alternate from right to left foot hitting the **#6** on the clock face and back to centre

