

# STEP TRAINING FOR BETTER BALANCE

MEMORIZE THE STEP AND ARM POSITIONS THAT ARE ASSIGNED TO EACH NUMBER. WHEN YOU HEAR OR READ THAT NUMBER STEP AND REACH IN THAT DIRECTION.

1



**STEP  
FORWARD  
WITH  
RIGHT  
LEG**

A



**SWING  
RIGHT  
ARM  
BACK**

2



**STEP  
TO  
THE  
RIGHT**

B



**REACH  
BOTH  
ARMS  
OUT TO  
THE SIDE**

3



**STEP  
BACK  
WITH  
RIGHT  
LEG**

C



**SWING  
RIGHT  
ARM  
FORWARD**

4

**STEP  
FORWARD  
WITH  
LEFT  
LEG**



E



**SWING  
LEFT  
ARM  
BACK**

5

**STEP  
TO  
THE  
LEFT**



F



**REACH  
BOTH  
ARMS  
OUT TO  
THE SIDE**

6

**STEP  
BACK  
WITH  
LEFT  
LEG**



G



**SWING  
RIGHT  
ARM  
FORWARD**