

"Cotton Eye Joe" Worksheet

Right

COTTON EYE JOE

Heel	Heel	Toe	Toe
Stomp	Slap Foot Front	Stomp	Slap Foot Back
Right Side-Step	Cross	Side-Step	Left Stomp
Left Side-Step	Turn	Turn	Right Stomp

Left

COTTON EYE JOE

Heel	Heel	Toe	Toe
Stomp	Slap Foot Front	Stomp	Slap Foot Back
Left Side-Step	Cross	Side-Step	Right Stomp
Right Side-Step	Turn	Turn	Left Stomp

Examples

THE MACARANA

Right Hand Palm Down	Left Hand Palm Down	Right Hand Palm Up	Left Hand Palm Up
Right Hand Left Shoulder	Left Hand Right Shoulder	Right Hand Neck	Left Hand Neck
Right Hand Left Hip	Left Hand Right Hip	Right Hand Right Hip	Left Hand Left Hip
Shake	Shake	Shake	Jump and Turn

STRONG MAN

Muscles Down	→	Muscles Up	→
Right Up Left Down	→	Left Up Right Down	→
Left Bicep Check	Left Bicep Check	Left Bicep Check	Left Bicep Check
Right Bicep Check	Right Bicep Check	Right Bicep Check	Right Bicep Check

THE WORKOUT

Push-up Down	→	Push-up Up	→
Push-up Down	→	Push-up Up	→
Jumping Jax	Jumping Jax	Jumping Jax	Jumping Jax
Jumping Jax	Jumping Jax	Down on knees	Down on hands

Name Of Your Dance
