

# THE 14 STEP PLUS

1	LFO	1
2	Run RFI	1
3	LFO	2
4	RFO Swing free leg forward on 3 <sup>rd</sup> Beat	4
5	LFO	1
6	Run RFI	1
7	LFO	2
8	RFI	1
9	LBI Open Mohawk (Heel to Instep)	1
10	RBO	1
11	Run LBI	1
12	RBO	1
13	XF (Crossed in Front) LBI Three Turn to LFO and Three Turn to LBI	3
14	RBO	1
15	Run LBI	1
16	RBO	2
17	LBO Swing free leg backward on 3 <sup>rd</sup> Beat	4
18	RBO	1
19	Run LBI	1
20	RBO	1
21	LFO	2
22	RFI Crossed Behind	1
23	LFO	1
24	Run RFI	1
25	LFO	1
26	RBO Open Mohawk (Heel to Instep)	1
27	LFO Crossed Behind Mohawk	2
28	RFI	2

## NOTES ON THE DANCE

This dance has been adapted from the 14 Step incorporating all the Ladies and Men's steps

Steps 1, 2 & 3 and 14, 15 & 16 are run sequences finishing with a strong outside edge towards the centre of the rink

Step 4: 4 beat outside swing Free Leg should swing back for 2 beats and forward on the count 3, 4 in time with the music

Steps 8 & 9: Open Mohawk: Struck at Instep

Step 13: XF LBI: 3 Turn followed by a second 3 Turn:

TIMING is important - Turns must be on each beat of the music

Step 14 RBO: This follows directly after Step 13 which is a 3 turn

Step 17 4 beat outside swing: Free Leg should swing forward for 2 beats and backward on the count 3, 4 in time with the music

Step 25 & 26 Open Mohawk: Crossed and struck at Instep

Step 27 LFO XB Mohawk: Must be crossed and not a step forward

