

Carioca

Step 1: Begin with feet shoulder width apart.



Step 2: Step left foot behind right foot, as if making a “grape vine.” Keeping trunk and core stable and facing forward.



Step 3: Bring feet back to shoulder width apart.



Step 4: Cross left leg in front of right leg, keeping core and trunk forward and stable.



Repeat for 10 steps, remain facing forward and repeat in opposite direction.