

# Gloria 06/26 Gail Eaton

Music: Gloria - Laura Brannigan

Intro Circle Arms, Hit on Top 8

Instrumental Curls 16

Gloria 1 Reach, Hit 8

Pullbacks, Running 8

Slow Down.. 4 Across R, 4 Down R, 4 Across L, 4 Down L

Remember Squats 12

Gloria Wipers 8

Gloria 2 Reach Stretch, Stretch, Reach 8

Crossover Lunges 8

Gloria Wipers 8

Gloria 3 Cross, Side, Tub, Side R Cross, Side, Tub, Side L 8

Remember Squats 12

Gloria Wipers 8

Instrumental Curls 16

Repeat from Beginning

Gloria 1 Reach, Hit 4 Across, 4 Down Squats, Wipers

Gloria 2 Reach, Stretch, Stretch, Reach, Crossover Lunges, Wipers

Gloria 3 Cross, Side, Tub, Side both 8 , Squats and Wipers

Gloria Ending Knee Lifts with Criss Cross Arms overhead