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## Step Definitions - Grandma's Feather Bed

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### BLACK MOUNTAIN:

DS BA/HD(F) BA/HD(F) (P) [BA(F)/TT(BK)] (1/4 L) HD(F)/BA-SL  
L L/R L/R L /R L /R R  
&1 & 2 & 3 & 4

### BASIC:

DS RS  
L RL  
&1 &2

### GRANNY STEP:

DT [BA/BA] (H'S OUT) [BA/BA] (H'S IN) SL/LIFT TCHH(F) H DS RS DS RS TCHH(F) H  
L L /R L /R L / R R L R LR L RL R L  
& 1 & 2 & 3 &4 &5 &6 &7 & 8

### KARATE:

DS-PVT(1/2 L)/K H (P) S K H  
L L /R L R L R  
&1 & 2 & 3 & 4

### WINDSTER:

DS BR(XIF) H BR(X) H RS (BR CAN BE DT)  
L R L R L RL  
&1 & 2 & 3 &4

### FLARE:

DT (FLR) SL R(XIB) S (XIF)  
L R L R  
& 1 & 2