

Flicks & Triples

- 1 Cross Right Leg Across Left, Touch Down Right Toe (no Weight)
2 Flick Right Leg In Front
3 & 4 Triple Step In Place Right-left-right
5 Cross Left Leg Across Right, Touch Down Left Toe (no Weight)
6 Flick Left Leg In Front
7 & 8 Triple Step In Place Left-right-left.

Turn & Bumps

- 9 Cross Right Leg Across Left
10 Unwind, Turning 1/2 Turn To The Left
11 - 12 Two Hip Bumps To Right
13 - 14 Two Hip Bumps To Left
15 Swing Hips To Right (& Clap)
16 Swing Hips To Left (& Clap)

Double Time Short Steps Forward 450 Right Diagonal With Hip Thrusts And Arm Pumps

- 17 & Short Right Step Forward. Left Step Together
18 & Short Right Step Forward. Left Step Together
19 & Short Right Step Forward. Left Step Together
20 Short Right Step Forward, Ending With Weight On Right.

Grapevine Forward On 450 Left Diagonal

- 21 Left Step Forward
22 Step Right Behind Left
23 Left Step Forward
24 Hitch Right Leg (& Clap)

Rolling Grapevine Backwards On 450 Right Diagonal

- 25 Step Back With Right Leg Turning 1/3 To Right
26 Step Left Continuing To Turn Another 1/3 To Right
27 Step Back With Right Leg For Another Turn 1/3 To Right
28 Hitch Left Leg (& Clap)

(note Rolling Grapevine Finishes Where Forward Grapevine Started)

Double Time Short Steps Forward On 450 Left Diagonal With Hip Thrusts And Arm Pumps

- 29 & Short Left Step Forward, Right Step Together
30 & Short Left Step Forward, Right Step Together
31 & Short Left Step Forward, Right Step Together
32 Short Left Step Forward, Ending With Weight On Left.