

HITCH, RIGHT COASTER, HEEL SWIVEL, ½ TURN WITH ROLLING HIPS

- 1-2&3 Hitch right knee, step right foot back, step left beside right, step right forward
&4& Step left foot forward, swivel left heel out, swivel left heel to center
5-6-7-8 Turn ½ turn right and roll hips to the left ending with weight on left

BALL-CHANGE-STEP, ROCK-&-CROSS, ½ TURN-HITCH, COLLAPSE, STEP-ROCK-RECOVER

- &1-2 Step right foot back, step left foot forward, step right foot forward
3&4 Rock left foot to left, recover on right foot, cross left foot over right
&5-6 Turn ¼ left and step right foot back, turn ¼ left and hitch left knee, step left foot beside right
Bend upper body down (like you were hit in the stomach)
7&8& Bring upper body back up (leave weight on left), step right next to left,
rock left foot to side, recover to right foot

CROSS-BODY COLLAPSE TWICE, ROCK-RECOVER-CROSS, ½ TURN WITH TOUCH, ROCK WITH ¼ TURN

- 1&2 Cross left over right (collapse upper body down), bring body back up, step right foot in place
(collapse body down again)
3&4 Rock left foot to side and kick right out, step right foot beside left, cross left over right
5&6 Turn ¼ turn right and step right forward, step left foot forward,
turn ¼ turn right and touch right across left
7&8 Step right foot to right side, cross left over right, turn ¼ turn left and step right foot back

STEP ½ TURN, STEP TWICE, BODY ROLL WITH KNEE POPS, RIGHT PRESS WITH LEFT FLICK

- 1&2 Step left foot forward with toe turned out, turn ½ turn left and step right foot to side,
step left foot to side
3-4 Step right foot side and slightly forward, step left foot side and slightly forward
5-6 Body roll starting with chest, finish body roll by popping right knee in
7&8 Pop right knee out, pop right knee in, press down on the ball of your right foot
while your left foot rises off the floor when you press pop right knee out

SKATE TWICE, ROCK ½ TURN, ¼ TURN SIDE-CROSS-SIDE, HIP ROLLS TWICE

- 1-2 Skate left foot forward, skate right foot forward
3&4 Rock left foot forward, recover to right foot, turn ½ turn left and step left forward
5&6 Turn ¼ turn left and step right to right side, step left behind right, step right foot to right side
7-8 Roll hips to the left twice (weight should be even)

JUMP FEET TOGETHER, JUMP APART, 2 HIP ROLLS, WEAVE, KNEE POPS TWICE, STEP

- &1 Jump feet together, jump feet apart
2 Roll hips around to the left (weight on right)
3&4 Step left foot to left side, cross right foot over left, touch left toe to left side
5-6 Roll hips around to the left. End with right knee popped weight on left
7&8 Pop right knee out, pop right knee back in, step right foot to right side

STEP-ROCK-&-CROSS, ¼ TURN WALKS, FULL & ¼ TURN

- 1 Step left foot across right foot
2&3 Rock right foot to right side, recover to left, cross right foot over left
4-5 Turn ¼ turn left and step left foot forward, step right foot forward
6&7& Rock left foot forward, recover on right, turn ½ turn left and step left forward,
turn ½ turn left and step right foot back
8&1 Turn ¼ turn left and step left to side, step right beside left foot, step left foot to side

KNEE BEND, STEP/SLIDE, KNEE BEND, FULL TURN- WALK TWICE, SHUFFLE LEFT, RIGHT, LEFT

- 2&3 Step right foot beside left and bend both knees twice (2&),
big step right foot to right sliding left foot along
4&5 Step left foot beside right and bend both knees twice (4&) ending with weight on right
5 Turn ¼ turn left and step left foot forward
6-7&8 Turn ¼ turn left and step right foot forward, turning shuffle turning ½ left stepping left, right, left

