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**SEC 1 R DIAGONAL STEP, TOGETHER, STEP, TOGETHER WITH HAND SHOOPS AND CLAP, UP AND DOWN HEEL TWISTS**

1,2,3,4 Step R forward diagonal as you swing fists forward and bump R hip over R, Step L next R as you swing both fists back to hips,  
Step R forward diagonal as you swing both fists forward and bump R hip over R, step L next to R as you clap

5,6,7,8 Twist both heels to L as you bend knees towards R, twist heels center as you straighten knees,  
Twist both heels L as you bend knees towards R, twist heels center as you straighten knees (weight on R)

**SEC 2 L DIAGONAL STEP, TOGETHER, STEP, TOGETHER WITH SHOOPS AND CLAPS, UP AND DOWN HEEL TWISTS**

1,2,3,4 Step L forward diagonal as you swing fists forward and push L hip over L, Step R next L as you swing both fists back to hips,  
Step L forward diagonal as you swing both fists forward and push L hip over L, Step R next to L as you clap

5,6,7,8 Twist both heels to R as you bend knees towards L, Twist heels center as you straighten knees,  
Twist both heels R as you bend knees towards L, twist heels center as you straighten knees (weight on L)

**Restart** Here on 3rd rotation facing 6 o'clock.

**SEC 3 PONY K STEP 1/4 TURN WITH OPTIONAL WINDMILL STYLE ARMS**

1&2 Step R Forward diagonal while popping L knee up, step ball of L next to R, Step R next to L while popping L knee up

3&4 Step L back while popping R knee up, Step ball of R next To L, Step L next to R while popping R knee up

5&6 1/4 turn stepping R to R side while popping L knee up, Step ball of L next To R, step R next to L while popping L knee up

7&8 Step L to L while popping R knee up, Step ball of R next to L, Step L next to R while popping R knee up

Optional Arm motions

1&2 Dip R shoulder down L arm up,

3&4 Dip L shoulder down R arm up

5&6 Dip R shoulder down L arm up,

7&8 Dip L shoulder down R arm up

**\*SEC 4 Optional for Absolute beginners- K step 1/4 turn\***

1,2 Step R forward on Diagonal, Touch L next to R 3,4 Step L back on diagonal, Touch R next to L

5,6 1/4 turn Step R to R side, Touch L next to R 7,8 Step L to L side, Touch R next to L

**SEC 4 V STEP WITH HIP PUSHES, R & L HIP BUMPS**

1,2 Step R forward on diagonal as you push R hip forward, Step L forward on diagonal as you push L hip forward

3,4 Step Back R, Step L next to R 5,6 Bump Hips R x2

7,8 Bump Hips L x2

End of dance! Have fun and start Groovin'!

**\*Option** To make dance absolute beginner included on step sheet\*

**Restart** On 3rd rotation facing 6 o'clock after 16 counts

Feel free to add any fun hand/ arm motions to the dance.

Mash potato, washing machine, pulp fiction arms, ect.

Just have fun with the dance!

Any questions email [Michellelinedance@gmail.com](mailto:Michellelinedance@gmail.com)

