

**MOVING HEEL TOE SWIVELS**

- 1 - 4 Heels left, toes left, heels left and toes left  
5 - 8 Toes right, heels right, toes right and heels center  
9 - 10 Heels right and hold one count  
11 - 12 Heels left and hold one count

**TWIST**

- 13 - 16 Twist heels right, left, right, left (down 2 and up 2)

**SIDE SHUFFLES WITH ROCK STEPS**

- 17 - 18 Step to right with right foot, bring left beside right, step to right with right foot, rock back on left foot and step in place on right.  
19 - 20 Step to left with left foot, bring right beside left, step to left with left foot, rock back on right foot and step in place on left.

**STOMPS**

- 25 - 26 Stomp right foot twice beside left foot.

**HIP BUMPS**

- 27 - 32 Bump hips to right twice, bump hips to left twice, bump hips to right twice

**SIDE STEPS WITH PELVIS THRUSTS**

- 33 - 36 Long step to left with left foot thrust pelvis forward twice, bring right foot beside left, and thrust pelvis forward twice.  
37 - 40 Repeat to left again.

**KICKBALL CHANGE/CROSS OVER AND BACK STEPS**

- 41 - 44 Right kickball change, repeat right kickball change  
45 - 48 Cross right foot over left, unwind 3/4 turn to left, step back on left foot, step back on right foot

**REPEAT**

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