

STEP APART RIGHT THEN LEFT, SWIVEL TOES-HEELS-TOGETHER, CROSS, UNWIND 3/4 TURN LEFT, SYNCOPATED STEP-ROCK-TOGETHER

- 1 - 2 Step right foot to right side; step left foot to left side ending with feet apart
3 Bring both toes inward, left toe to right and right toe to left.
& Push off balls of both feet, bring heels together.
4 Bring both toes together to face forward ending weight on left foot.
5 - 6 Cross right foot in front of left foot, unwind 3/4 turn left ending weight on left foot.
7 Step right foot forward.
& Rock back onto left foot.
8 Step right foot next to left foot ending weight on right foot.

LEFT HEEL FORWARD, DRAG, SYNCOPATED HIP ROLLS, HOLD, SYNCOPATED JUMPS IN PLACE

- 9 Extend left leg forward and touch left heel forward.
10 Drag right foot next to left foot, keeping weight onto left foot.
11 & 12 Roll hips two full circles (to the left)
13 - 14 Two steps in place- right then left.
15 Hold with weight on both feet.
& 16 Jump in place twice with both feet ending weight on left foot.

TWO 1/2 TURNS BACK, TRIPLE IN PLACE, TWO STEPS FORWARD, SHUFFLE FORWARD

- 17 Pivot 1/2 turn right, step right foot forward.
18 Pivot 1/2 turn right, step left foot back.
19 & 20 Triple in place, stepping right-left-right.
21 - 22 Two steps forward- left then right.
23 & 24 Shuffle forward left-right-left.

THREE MARCHING STEPS BACK, STOMP TOGETHER, HOLD, HOLD & CLAP, HOLD, SYNCOPATED JUMPS IN PLACE

- 25 - 27 Three marching steps back-right, left, right.
28 Stomp left foot next to right foot.
29 - 31 Hold; hold with a clap, hold.
& 32 Jump in place twice with both feet ending weight on left foot.

REPEAT**Variation**

/On counts 11&12. substitute Hip Rolls for Hip Thrust- pull fists in & out to hips twice. Use your imagination and have fun with this!

/For those that don't like to do turns, on counts 17 and 18, just walk it back-right then left.