

Start on Vocals (Just After She Says "Here We Go")

1-8: Running Man Steps With Large Steps Forward.

- 1: Jump feet diagonally apart, right foot forward, left foot back.
&: Jump feet together hitching left knee.
2: Jump feet diagonally apart, left foot forward, right foot back.
&: Jump feet together hitching right knee.
3-4: Large step forward on right, drag left up to meet right.
5: Jump feet diagonally apart, right foot forward, left foot back.
&: Jump feet together hitching left knee.
6: Jump feet diagonally apart, left foot forward, right foot back
&: Jump feet together hitching right knee.
7-8: Large step forward on right, drag left up to right

9-16: Lock Steps Back, Mambo Back, ¼ Turn Left With Heel Bounces.

- 1&2: Step back on right, lock left up to right, step back on right.
&3&: Step back on left, lock right up to left, step back on left.
4&5: Rock back on right, recover weight onto left, step forward on right.
6: Turn head ¼ turn left (Hold body position).
7&8: Bounce both heels three times whilst making a ¼ turn to left.

17-24: Applejacks, Vine Right, Applejack, Vine Left With ¼ Turn.

- 1&: Taking weight onto right heel and left toe swivel right toe and left heel to right side, return feet to centre.
2&: Taking weight onto left heel and right toe swivel left toe and right heel to left side, return feet to centre.
3&4&: Step right to right, cross left behind right, step right to right, step left next to right.
5&: Taking weight onto left heel and right toe swivel left toe and right heel to left side, return feet to centre.
6&: Taking weight onto right heel and left toe swivel right toe and left heel to right side, return feet to centre.
7&8: Step left to left, cross right behind left, step left to left making ¼ turn left.

25-32: Kick-Ball Change, Body Roll, Pigeon Toes Moving To The Left.

- 1&2: Kick right forward, step right beside left, step left in place.
3-4: Body roll up over 2 counts (bending from knees upwards).
5: Swivel left toe and right heel to left.
6: Swivel left heel and right toe to left.
7: Swivel left toe and right heel to left.
&: Swivel left heel and right toe to left.
8: Swivel left toe and right heel to left

33-40: ½ Turn Pivot, Full Turn, ½ Turn Pivot, Triple Jump.

- 1-2: Step forward on right, pivot ½ turn to left.
3-4: Full turn left stepping right, left
5-6: Step forward on right, pivot ½ turn to left.
7&8: Jump forward 3 times.

41-48: ¼ Turn Pivot, Weave Left, Reverse Paddle Turns.

- 1-2: Step forward on right, pivot ¼ turn to left.
3&4: Cross right over left, step left to left side, cross right behind left.
5&: Point left to left side, hitch left making ¼ turn to left (turning backwards).
6&: Point left to left side, hitch left making ¼ turn to left.
7&: Point left to left side, hitch left making ¼ turn to left
8: Step left next to right.

Choreographer's Notes: During 1st 2 Verses (Walls 1 & 3) dance whole 48 counts. Walls 2, 6 & 7 (end) dance up to 32 then start again. On walls 4 & 5 dance up to 36 (after 1st set of bounces) then start again.