

**TRAVELING LEFT POP KNEES RIGHT-LEFT-RIGHT-LEFT, POP RIGHT KNEE, HOLD, POP LEFT KNEE, HOLD**

- 1 - 2 Hop/step left & right to left side while popping right knee forward, step on right while popping left knee forward
- 3 - 4 Hop/step left & right to left side while popping right knee forward, step on right while popping left knee forward
- 5 - 6 Step on left while popping right knee forward, hold
- 7 - 8 Step on right while popping left knee forward, hold

**LEFT SHUFFLE FORWARD, STEP RIGHT FORWARD WITH 1/2 TURN LEFT, STEP LEFT BACK, RIGHT SHUFFLE BACK, STEP LEFT BACK, PIVOT 1/2 TURN LEFT WITH WEIGHT ON RIGHT**

- 9 & 10 Step forward on left, slide right next to left, step forward on left
- 11 - 12 Step forward on right with 1/2 turn left, step back on left
- 13 & 14 Step back on right, slide left next to right, step back on right
- 15 - 16 Step back on left, pivot 1/2 turn left with weight on right

**LEFT ROCK/STEP BACK, RIGHT ROCK FORWARD, DOUBLE LEFT HIP BUMP FORWARD HEEL TOUCHES RIGHT, LEFT, RIGHT MOVING BACK, 1/2 TURN JUMP RIGHT WITH WEIGHT ON LEFT**

- 17 - 18 Rock/step back on left, step forward on right
- 19 & 20 Step forward on left & bump hips forward to left 45 degrees, swing hips back, bump hips forward to left 45 degrees with weight on right (hip bumps are in an upward motion)
- & 21 & 22 Step back on left, touch right heel forward, step back on right, touch left heel forward
- & 23 - 24 Step back on left, touch right heel forward, jump a 1/2 turn right with weight on left

**RIGHT KICK TOUCH SEQUENCE (HOP ON LEFT FOOT FOR COUNTS 25-32)**

- 25 - 26 Kick right forward, touch right toe across in front of left
- 27 - 28 Kick right forward, touch right toe to left instep
- 29 - 30 Kick right forward, touch right toe across in front of left
- 31 - 32 Kick right forward, stomp right next to left weight on right

**LEFT KICK TOUCH SEQUENCE (HOP ON RIGHT FOOT FOR COUNTS 33-40)**

- 33 - 34 Kick left forward, touch left toe across in front of right
- 35 - 36 Kick left forward, touch left toe to right instep
- 37 - 38 Kick left forward, touch left toe across in front of right
- 39 - 40 Kick left forward, stomp left next to right weight on left

**RIGHT SHUFFLE FORWARD, STOMP LEFT, RIGHT, LEFT MOVING FORWARD, HOP FORWARD WITH FEET TOGETHER, BODY ROLL UP**

- 41 & 42 Step forward on right, slide left next to right, step forward on right
- 43 & 44 Stomp slightly forward on left, stomp slightly forward on right, stomp slightly forward on left
- 45 - 48 Hop forward with feet together on both feet, bend knees down, roll body up (weight on right)

**REPEAT**

**/On the 2nd, 4th and 5th rep of the dance there needs to be a restart after the first 32 counts of the dance. This is after the right kick touch sequence**