

**HEEL GRINDS, TOE LIFTS**

- 1 - 2 Right heel forward & grind, step on left,  
3 & 4 Step on right, lift both toes (weight is on both heels) set back down  
5 - 8 Repeat 1-4

**SHUFFLE, TURN, TOUCH & CLAP**

- 9 & 10 Shuffle to the right  
11 - 12 1/2 turn left (backwards / weight on left), touch right & clap (same time)

**KICK BALL CHANGE, ROCK STEP**

- 13 & 14 Right kick ball change  
15 - 16 Rock back on the right, forward on the left

**JUMP, TOES AND HEELS (TRAVELING TO RIGHT)**

- 17 - 18 Jump toes apart, bring together  
19 & 20 Apart, together, apart (wt on left)  
21 - 32 Repeat 9-20

**URNS, SHUFFLES, ROCK STEPS**

- 33 - 34 Step forward right, 1/2 turn left  
35 & 36 Shuffle forward right, left, right  
37 - 38 Step forward left, 1/2 turn right  
39 & 40 Shuffle forward left, right, left  
41 - 42 Step forward right, 3/4 turn left  
43 & 44 Shuffle side right, left, right  
45 - 46 Rock back on the left, forward right  
47 & 48 Shuffle forward left, right, left

**REPEAT**

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