
Intro starts with drum beat after the first 16 counts (see dance video for special intro using 1st 16 counts)
Feet slightly apart with arms folded at chest height – keeping upper body straight:

1 – 16 Sway hips from side to side alternating weight to either foot - one sway per count:
(first sway is to the RIGHT and last to the LEFT) Total 16 counts/hip sways.

2 Sets Diagonal Hip Rolls. Hitch 1/2 Diagonal Fwd (6:00)

1 Step diagonally forward onto right & roll hips forward.
2 – 3 Keeping diagonal position - recover onto left & roll hips backward. Roll hips forward
(weight on right).
4 Step diagonally forward onto left & roll hips forward.
5 – 6 Keeping diagonal position - recover onto right & roll hips backward. Roll hips forward
(weight on left).
note: The hip rolls are performed as a figure of 8
7 – 8 (2 counts) Hitch right knee high & turn ½ left - stepping right down diagonally forward left (6:00).

3x Diagonal-Hold. Fwd. 1/2 Pivot (12:00)

9 – 10 Step left diagonally forward right. Hold.
11 – 12 Step right diagonally forward left. Hold.
13 – 14 Step left diagonally forward right. Hold.
15 – 16 Step forward onto right. Pivot ½ left (weight on left) (12:00).

RESTART: After the Bridge at the end of Wall 7 *RESTART* the dance from this point (COUNT 17)

4x Fwd Diagonal. Side. Side. 2x Hip Bump (12:00)

17 – 18 Step right diagonally forward left. Step left diagonally forward right.
19 – 20 Step right diagonally forward left. Step left diagonally forward right.
21 – 22 Step right to right side. Step left to left side
23 – 24 Bump hips to the left. Bump hips to the right.

2x Hip Bump. Hitch 3/4 Fwd. 2x Diagonal-Hold (3:00)

25 – 26 Bump hips to the left. Bump hips to the right. (weight centre).
27 – 28 straightening up - Hitch left knee & turn ½ left. Continue turn another ¼ & step
forward onto left (3).
29 – 30 Step right diagonally forward right. Hold.
31 – 32 Step left diagonally forward left. Hold.

START AGAIN

BRIDGE: End of Wall 7 (facing 9:00) - Using the hips to control the movement

1 – 4 Leaning as far forward as possible - Roll the upper body forward (4 COUNTS).
5 – 6 Transferring weight to right – roll upper body backward then straight (2 COUNTS)
7 – 12 REPEAT THE ABOVE 6 COUNTS
13 – 16 Step left to left side and roll hips in a figure of 8: Left-Centre-Right-Centre
(weight ends on left foot)

Then continue the dance from count 17

Alternate Option

1 – 16 Stepping right to right side: Roll hips in figure of 8: (R-C-L-C) (R-C-L-C) (R-C-L-C) (R-C-L-C)
Remember when using this alternative – the first hip roll is to the RIGHT.

FINISH: Wall 11 - after count 26 do the following:

27 Turn ½ left & step forward onto left
28 Step right to right side - with left toe diagonal forward left & left knee bent
(right hand on right hip).
29 Hold position of count 28 - push right shoulder forward (on the word GO).
30 Push right shoulder back to original position.
31 Push right shoulder forward (on the word GO).
&32 Head flick left to look back - then front.

Music download available from