

FORWARD, SIDE & BUMP, BUMP, HOLD, SHUFFLE, ROCK, ROCK:

- 1 - 2 Left step forward; right step side right & bump hips right
3 - 4 Bump hips left; hold
& Slightly hitch right knee up
5 & 6 Right step forward; left close next to right; right step forward
7 - 8 Left rock-step forward; right rock-step back

1/2 TURN, 1/2 TURN, 1/2 TURN, HOLD, SHUFFLE, FORWARD, 1/2 PIVOT:

- 1 - 2 Left step back turning 1/2 left; right step forward turning 1/2 left
3 - 4 Left step back turning 1/2 left; hold

/On counts. 2-3 you can replace turns by stepping forward right, left

- & Slightly hitch right knee up
5 & 6 Right step forward; left close next to right; right step forward
7 - 8 Left step forward; pivot 1/2 turn right (transfer weight right)

KICK, STEP, KICK, STEP, FORWARD, FORWARD, 1/2 PIVOT, SIDE:

- 1 - 2 Left cross-kick over right (snap fingers); left step forward
3 - 4 Right cross-kick over left (snap fingers); right step forward
5 - 6 Left step forward; right step forward
7 - 8 Pivot 1/2 turn left (transfer weight left); right step side right (weight should be even both feet)

SHOULDER ROLLS - RIGHT, LEFT, RIGHT, LEFT AND SHIMMIES:

- 1 - 2 Lean over right and roll right shoulder (up-back-down)
3 - 4 Lean over left and roll left shoulder (up-back-down)
5 Lean over right and roll right shoulder (up-back-down)
6 Lean over left and roll left shoulder (up-back-down)
& 7 & 8 Slowing leaning to right, shimmy shoulders - left; right; left; right (end with weight right)

REPEAT