

- KICK LEFT, RIGHT, LEFT, PUMP LEFT, QUARTER SAILOR RIGHT, HEEL TOUCH & BACK**
- 1 Kick left side left  
& 2 Replace left back to side, kick right side right  
& 3 Replace right back to side, kick left side left  
& 4 Pump left up, step left down beside right  
5 Begin quarter turn right and step right behind left  
& 6 Step left forward, step right next to left  
& 7 Step back on left and touch right heel forward  
& 8 Step right back to center position and step left next to right (keeping weight on left foot)

- STEP FORWARD RIGHT, TWIST LEFT-RIGHT-LEFT, STEP FORWARD LEFT, TWIST RIGHT-LEFT-RIGHT**
- 9 Step right forward at 45 degree angle  
10 Step left next to right  
11 Twist heels left  
& 12 Twist heels right, twist heels left  
13 Step left forward at 45 degree angle  
14 Step right next to left  
15 Twist heels right  
& 16 Twist heels left, twist heels right

**/Styling: bend knees down with feet close together and use arms for momentum while twisting**

- HALF TURN RIGHT, STEP LEFT, SAILOR RIGHT, HALF TURN LEFT, STEP RIGHT, LEFT, SAILOR LEFT**
- 17 Step back right foot  
18 Turn one half to right and step left next to right  
19 Step right behind left  
& 20 Step left forward, step right next to left  
21 Step left and turn one half to left  
22 Step right down  
23 Step left behind right  
& 24 Step right forward, step left next to right

- PADDLE TURNS LEFT, FULL TURN, LEFT, SLIDE RIGHT, BODY ROLL**
- & 25 Shift weight to left and pump up & down right and turn one quarter to left  
& 26 Pump up & down right and turn one quarter to left  
27 Keep weight on left and cross right over left  
28 Turn a full turn to the left  
29 Slide right to right side  
30 Hold  
31 - 32 Full body roll

### REPEAT

### ALTERNATE MOVE FOR COUNTS 27-28

**/Those having difficulty with the full turn can eliminate the cross and turn and instead step right (27) and step left (28).**

### FOR INTRO ONLY

**/The first 64 counts of the vocals are at a much slower speed. Perform dance the same during intro but following end of second wall eliminate counts 28-32 and instead turn one half left to original starting wall. A brief pause in the song at count 32 allows you to raise hands and snap your fingers as if to switch the song to "energizer" speed. Begin the dance again at original first wall at full speed.**