

Start on Vocals

Heel Jacks

- 1& Place right heel forward, step right next to left
- 2& Place left heel forward, step left next to right
- 3&4& Pump right heel forward Twice, step right next to left
- 5& Place left heel forward, step left next to right
- 6& Place right heel forward, step right next to left
- 7&8& Pump left heel forward Twice, step left next to right

Hip Bumps

- 1-2 Rock forward on right & Bump right hips twice
- 3-4 Rock back on left & Bump Left Hips twice
- 5-6 Bump right hips, bump left hips
- 7-8 Repeat 5-6

Forward Shuffle, Rock , Recover, 1/2 CCW Turning Shuffle

- 1&2 Shuffle forward right, left, right
- 3-4 Rock forward on left, recover on right
- 5 Step left making 1/4 CCW Turn
- &6 Step right making 1/4 CCW Turn, step forward on left
- 7-8 Rock forward on right, recover on left

1/4 CW Turning Shuffle Cross Rock, Recover , Side Shuffle

- 1 Step right making 1/4 CW Turn
- &2 Step left quickly to right side, step right to right side
- 3-4 Cross rock left over right, recover on right
- 5&6 Side shuffle to the left side left, right, left
- 7-8 Cross right over left, recover on left

1/4 CW Turning Shuffles, Forward Step, 1/4 CCW Turn, Stomps

- 1 Step right making 1/4 CW Turn
- &2 Step forward on left, step forward on right
- 3 Step left making 1/4 CW Turn
- &4 Step right quickly next to left, step forward on left
- 5-6 Step right forward, step left forward making 1/2 CCW Turn
- 7-8 Stomp right, stomp left

Music download available from iTunes
