

DIAGONAL STEP, CONTRACTION, & DIAGONAL STEP, CONTRACTION, 2 STEPS FORWARD, PUSH, PULL

- 1 Step left diagonally forward
Contract chest and stomach (as if somebody punches you in stomach)
- 2 Step right to side
Expand chest and stomach out again
- &3 Step left together, step right diagonally forward
Contract chest and stomach (as if somebody punches in stomach)
- 4 Hold
Expand chest and stomach out again
- 5-6 Step left forward, step right forward
- 7-8 Hold, hold
On count 7, push both arms forward and stick your bum back
On count 8, pull arms back thrusting body forward

¼ RIGHT WITH STEP TOUCH, STEP TOGETHER, JUMP KICK TWICE, 3 SIDEWAYS RUNS

- 1-2 Turn ¼ right and step left to side, touch right together (3:00)
Bend left knee inward and punch right hand into left fist
- 3-4 Step right to side, step left together
- 5-6 Hop left to side and kick right forward, kick right forward
Punch both fists forward in a rolling action
- 7&8 Step right to side, cross left over right, step right to side

BODY ISOLATION (SHOULDER, HEAD, HEAD, SHOULDER), HEEL TURN, BODY TWIST, TOUCH RIGHT & LEFT

- 1-4 Hold
On count 1, roll both shoulders forward
On count 2, move head slightly forward
On count 3, move head back in place
On count 4, roll both shoulders back in place
- 5-6 Swivel toes to left, turn ¼ left (12:00)
The lower body turns ¼ left on count 5, and then the upper body completes the turn on count 6
- 7&8 Touch right to side, step right together, touch left to side

JUMP FORWARD, JUMP BACK, JUMP ON LEFT WITH BACK FLICK, ½ LEFT, ROCK BACK WITH ARM SWING, ELBOW PUSHES WITH ½ LEFT

- 1-2 Hop both feet forward, hop both feet back (weight to left)
- 3-4 Hop left in place and flick right foot backwards (toward 4:30), turn ½ left and step right to side (6:00)
- 5&6 Rock left back, recover to right, step left small step left
On count 5, swing your straight left arm (with fist) from front to back
On the '&' count after count 5, swing left arm back to front and down
- 7 Step right to side
Bend your right elbow and punch it sharply to right side
- &8 Turn ½ left (weight to left), rock right to side (12:00)
Punch right elbow to right side (weight to both)

HIP PUNCH & SIDE BALL STEP, ARMS, FISTS BACK AND FRONT, FIST PUNCHES

- To initiate the weight change to the left, punch your right hip with your right fist
- 1&2 Recover to left, step right together, step left to side
- &3&4 Hold
On the '&' count before count 3, swing both arms up in the air
On count 3, swing them down to diagonals (right arm points to 4:30, left arm points to 7:30)
On the '&' count before count 4, pull them in front of body
On count 4, release them punching both elbows to the sides
- 5&6& Hold
On count 5, punch right fist down and behind your back
On the '&' count after count 5, punch left fist down and behind your back
On count 6, punch right fist down and in front of your body
On the '&' count after count 6, punch left fist down and in front of your body
Don't cross your arms as you punch your fist behind and in front of body
- 7&8 Hold (weight to left)
On count 7, bend your left arm in front of chest punching right fist above left arm
On the '&' count after count 7, keep left elbow bent pulling right fist backwards
On count 8, punch right fist below your bent left arm (weight left)
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1/8 LEFT PADDLE TURN TWICE (WITH LASSO ARMS), CLAP THIGHS & HANDS, SHAKE IT

- 1-2 Step right forward, turn 1/8 left (weight to left, 10:30)
As you turn, pretend to swing a lasso in right hand
- 3-4 Step right forward, turn 1/8 left (weight to left, 9:00)
As you turn, pretend you swing a lasso in right hand
- &5&6 Hold
On the '&' count before count 5, slap both thighs with both hands
On count 5, clap hands
On counts &6, shake your whole body
- &7&8 Hold (weight to left)
On counts &7&8, keep shaking your body

RIGHT SIDE STEP, LEFT KICK BALL STEP TO RIGHT SIDE, KICK LEFT FORWARD, LEFT SIDE STEP, RIGHT KICK BALL STEP TO LEFT SIDE, KICK RIGHT FORWARD

- 1-2 Step right to side, kick left forward
Punch both arms forward
- &3-4 Step left together, step right to side, kick left forward (clap)
- 5-6 Step left to side, kick right forward
Punch both arms forward
- &7-8 Step right together, step left to side, kick right forward (clap)

STEP ¼ LEFT, POP RIGHT KNEE IN, POP LEFT KNEE IN, SHAKE IT

- 1-2 Step right forward, turn ¼ left (weight to left, 6:00)
- 3-4 Swivel right knee to left, swivel left knee to right
- 5-8 Hold (weight to right)
Shake your entire body for count 5-8

Step sheet prepared by Niels B. Poulsen (August 2007)

The original choreography is from an intermediate hip hop clinic presented by Shane Sparks.

In such clinics, the routines taught are not meant to repeat like line dances do.

This was simply a 64-count routine that began with the dancer standing with left foot free and ended on all fours on the floor. Niels has taken the liberty of adjusting the choreography to make the routine into a repeating format, per the line dance standard

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