

DANCE SEQUENCE: AA-BB-AA-BB-AA-BBBB

PART A.

STEP FORWARD, 1/4 TURN, ROCK STEP, SIDE SHUFFLE.

- 1 STEP FORWARD ON RIGHT.
2-4 BOUNCE BOTH HEELS THREE TIMES WHILE MAKING ¼ TURN OVER LEFT SHOULDER.
5-6 ROCK BACK ONTO LEFT, ROCK FORWARD ONTO RIGHT
7&8 SIDE SHUFFLE LEFT, RIGHT, LEFT

9-16 REPEAT COUNTS 1 TO 8

CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, COASTER STEP.

- 17-18 CROSS ROCK FORWARD ON RIGHT, ROCK BACK ON LEFT
19&20 SIDE SHUFFLE RIGHT, LEFT, RIGHT
21-22 CROSS ROCK FORWARD ON LEFT, ROCK BACK ON RIGHT
23&24 STEP BACK ON LEFT, STEP RIGHT BESIDE LEFT, STEP FORWARD ON LEFT

WALK FORWARD, KICK, WALK BACK, COASTER STEP.

- 25-28 STEP FORWARD ON RIGHT, STEP FORWARD ON LEFT, STEP FORWARD ON RIGHT, KICK LEFT FORWARD
29-30 STEP BACK ON LEFT, STEP BACK ON RIGHT.
31&32 STEP BACK ON LEFT, STEP RIGHT BESIDE LEFT, STEP FORWARD ON LEFT.

PART B.

STEP FORWARD, STEP BACK, 1/4 TURN JUMP, HIP THRUST

- 1-2 STEP DIAGONALLY FORWARD ON RIGHT, WHILE PUSHING RIGHT HAND FORWARD
STEP LEFT TO LEFT SIDE, WHILE PUSHING LEFT HAND FORWARD
3-4 STEP BACK ON RIGHT, WHILE PLACING RIGHT HAND BEHIND HEAD
STEP LEFT BESIDE RIGHT, WHILE PLACING LEFT HAND BEHIND HEAD
5-6 JUMP ¼ TURN OVER LEFT SHOULDER, STRETCH BOTH ARMS FORWARD WITH CLOSED FISTS
7&8 PUSH HIPS FORWARD WHILE BRINGING ELBOWS TO HIPS, PUSH HIPS BACK WHILE
STRETCHING ARMS FORWARD, PUSH HIPS FORWARD WHILE BRINGING ELBOWS TO HIPS.

SIDE STEPS TO RIGHT, HEEL BOUNCES

- 9-12 STEP RIGHT TO RIGHT SIDE, STEP LEFT BESIDE RIGHT, STEP RIGHT TO RIGHT SIDE, STEP LEFT BESIDE RIGHT. (WHILE DANCING COUNTS 9-12 ROLL HANDS IN FRONT OF BODY IN A CIRCULAR MOTION)
&13 LIFT LEFT HEEL WHILE PUSHING LEFT HIP FORWARD, REPLACE LEFT HEEL TO FLOOR WHILE PUSHING RIGHT HIP BACK
&14 REPEAT COUNTS &13
&15 REPEAT COUNTS &13
&16 REPEAT COUNTS &13 (WHILE DANCING COUNTS 13-16 EXTEND LEFT ARM ACROSS BODY AND MOVE LEFT ARM FROM RIGHT TO LEFT KEEPING ARM STRAIGHT)

SIDE STEP TO LEFT, HEEL BOUNCES.

- 17-20 STEP LEFT TO LEFT SIDE, STEP RIGHT BESIDE LEFT, STEP LEFT TO LEFT SIDE, STEP RIGHT BESIDE LEFT. (WHILE DANCING COUNTS 17-20 ROLL HANDS IN FRONT OF BODY IN A CIRCULAR MOTION)
&21 LIFT RIGHT HEEL WHILE PUSHING RIGHT HIP FORWARD, REPLACE RIGHT HEEL TO FLOOR WHILE PUSHING LEFT HIP BACK.
&22 REPEAT COUNTS &21
&23 REPEAT COUNTS &21
&24 REPEAT COUNTS &21 (WHILE DANCING COUNTS 21-24 EXTEND RIGHT ARM ACROSS BODY AND MOVE RIGHT FROM LEFT TO RIGHT KEEPING ARM STRAIGHT)

ROCK FORWARD, ROCK BACK, 2 X PIVOT TURNS

- 25-26 ROCK FORWARD ON RIGHT, ROCK BACK ON LEFT
27-28 ROCK BACK ON RIGHT, ROCK FORWARD ON LEFT
28-30 STEP FORWARD ON RIGHT, MAKE ½ TURN OVER LEFT SHOULDER
31-32 STEP FORWARD ON RIGHT, MAKE ½ TURN OVER LEFT SHOULDER
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