

#### **Section 1 Front & Side Kicks With Triple Steps.**

- 1 - 2 Kick Right Forward. Kick Right To Right Diagonal.  
3 & 4 Triple Step On The Spot - Right, Left, Right.  
5 - 6 Kick Left Foot Forward. Kick Left To Left Diagonal.  
7 & 8 Triple Step On The Spot - Left, Right, Left.

#### **2 X Sailor Shuffle Steps, Stomps, & Claps..**

- 9 & 10 Cross Right Behind Left. Step Left To Left Side. Step Right In Place.  
11 & 12 Cross Left Behind Right. Step Right To Right Side. Step Left In Place.  
13 - 14 Stomp Right Beside Left. Stomp Left Beside Right.  
15 - 16 Clap Hands Twice.

#### **2 X Right Kick Ball Chage, 1/2 Pivot Turn Left, Stomp, Clap.**

- 17 & 18 Kick Right Forward. Step Left In Place. Step Right In Place.  
19 & 20 Kick Right Forward. Step Left In Place. Step Right In Place.  
21 - 22 Step Right Forward. Pivot 1/2 Turn Left.  
23 - 24 Stomp Right Beside Left. Clap Hands.

#### **4 X Heel Grinds Forward.**

- 25 - 26 Touch Right Heel Forward Toes Up. Grind Heel And Fan Foot To Floor.  
27 - 28 Touch Left Heel Forward Toes Up. Grind Heel And Fan Foot To Floor.  
29 - 32 Repeat Steps 25 - 28

#### **Running Man, Right Shuffle, Left Shuffle.**

- & 33 Scoot Back On Left Hitching Right Knee. Step Right Forward.  
& 34 Scoot Back On Right Hitching Left Knee. Step Left Forward.  
& 35 Scoot Back On Left Hitching Right Knee. Step Right Forward.  
& 36 Scoot Back On Right Hitching Left Knee. Step Left Forward.  
& Scoot Back On Left Hitching Right Knee.  
37 & 38 Step Right Forward. Close Left Beside Right. Step Right Forward  
39 & 40 Step Left Forward. Close Left Beside Right. Step Left Forward.

#### **Step, 1/2 Pivot Left, Stomp Right, Clap, 4 X Left Heel Fan.**

- 41 - 42 Step Right Forward. Pivot 1/2 Turn Left.  
43 - 44 Stomp Right Beside Left. Clap Hands.  
& 45 Fan Right Heel Out To Right Side. Return Right Heel To Place.  
& 46 Fan Right Heel Out To Right Side. Return Right Heel To Place.  
& 47 & 48 Repeat Steps - & 45 & 46

#### **'mashed Potato' Step (travelling Back.**

- & 49 Split Heels Apart (&) Return Heels Sliding Right Heel Behind Left  
**And Left Heel To Right Instep (1).**  
& 50 Split Heels Apart (&) Return Heels Sliding Left Heel Behind Right  
**And Right Heel To Left Instep (2).**  
& 51 Split Heels Apart (&) Return Heels Sliding Right Heel Behind Left  
**And Left Heel To Right Instep (3).**  
& 52 Split Heels Apart. Return Heel As In Step 51.  
& 53 Split Heels Apart (&) Return Heels Sliding Left Heel Behind Right  
**And Right Heel To Left Instep (5).**  
& 54 Split Heels Apart (&) Return Heels Sliding Right Heel Behind Left  
**And Left Heel To Right Instep (6).**  
& 55 Split Heels Apart (&) Return Heels Sliding Left Heel Behind Right  
**And Right Heel To Left Instep (7).**  
& 56 Split Heels Apart. Return Heels As In Step 50.

#### **Jump, Clap, Jump Jump, Clap, 1/4 Turn Jazz Box, Jump.**

- 57 - 58 Jump Both Feet Forward. Clap Hands.  
& 59 Jump Both Feet Forward Twice.

60 Clap Hands.  
61 - 62 Cross Right Over Left. Step Left Back Turning 1/4 Turn Left.  
63 - 64 Step Right Beside Left. Jump Both Feet Forward And Clap Hands.

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