

CROSS POINTS WITH SHOULDER SHIMMIES

/As you do the following 8 steps shimmy shoulders with arms out to sides, with insides of arms facing forwards and fists clenched

- & 1 - 2 Step small step back on left, cross right over left, point left to left side
- 3 - 4 Cross left over right, point right to right side
- 5 - 6 Cross right over left, point left to left side
- 7 - 8 Cross left over right, point right to right side

CROSS, UNWIND FULL TURN LEFT, SAILOR STEP, DIAGONAL POINTS

- 9 - 10 Cross right over left, unwind full turn left
- 11 & 12 Cross left behind right, step right to right side, step left to place
- 13 & Point right toe to front right diagonal, hitch right knee across left knee
- 14 & Point right toe to back right diagonal, hitch right knee across left knee
- 15 & Repeat count 13&
- 16 & Repeat count 14&

RUNNING MAN, CLAP, ARM MOVEMENTS, STEP IN, ARM MOVEMENTS

- 17 Step right foot to front right diagonal with weight
- & Jump feet together hitching left knee
- 18 Jump feet diagonally apart, left foot forward, right foot back
- & Jump feet together hitching right knee
- 19 Jump feet diagonally apart, right foot forward, left foot back
- & Jump feet together hitching left knee
- 20 Jump feet shoulder width apart
- 21 Clap hands at shoulder level
- & With fists clenched cross right fist over left at chest level
- 22 Spread arms out to both sides at waist level with palms facing down
- & Grind hips in a circular motion to left (to the left 12:00 to 9:00)
- 23 Step ball of right next to left popping right knee across left knee
- & Wrap right arm across body with right palm touching left hip
- 24 Wrap left arm over right arm with left palm touching right hip

SIDE LUNGES, KICK & POINT, CROSS BEHIND & UNWIND 3/4 TURN LEFT

- 25 Lunge ball of right to right side uncross arms out to sides with elbows bent at waist level and fists clenched
- 26 Step ball of right next to left (no weight) and criss-cross arms over waist with fists clenched
- 27 Repeat count 25
- 28 Repeat count 26
- 29 & 30 Kick right foot forward, step right beside left, point left to left side
- 31 - 32 Cross left behind right, unwind 3/4 turn left

REPEAT