

Hips, Hips, Right Side Shuffle

- 1 - 2 Step Right Foot Diagonally Forward And Bump Hips Right, Left
3 & 4 Step Right To Right Side, Bring Left Next To Right, Step Right To Right Side
5 - 8 Repeat Steps 1 - 4 To The Left

Heel & Heel And Right Shuffle, Hitch 1/4 Turn Right, Point To Side X 2

- 9 & Touch Right Heel Forward, Bring Right Heel Next To Left
10 & Touch Left Heel Forward, Bring Left Heel Next To Right
11 & 12 Step Forward On Right, Bring Left Upto Right, Step Forward On Right
13 - 14 Hitch Left Next To Right And Turn 1/4 To Right, Point Left Foot Out To Left Side
15 - 16 Hitch Left Next To Right And Turn 1/4 To Right, Point Left Foot Out To Left Side

Sailor Cross, Sweep 1/2 Turn, Body Roll, Rocks Forward And Back

- 17 & 18 Cross Left Over Right, Step Back On Right, Step Left To Left Side
19 - 20 Sweep Right Foot 1/2 Turn Left, Bring Right Foot Next To Left
21 - 22 Bend Knees, Push And Wave The Action Through The Whole Body (just As Though You Are Getting Out Of A Seat)
23 & 24 & Rock Forward Left, Rock Back Right, Rock Back On Left, Rock Forward On Right

Cross Rock, Triple Step, Cross, Side, Behind, 1/4 Turn Left

- 25 - 26 Cross Rock Left Foot Over Right Diagonally Forward
27 & 28 Rock Back Onto Right
29 - 30 Step Left, Right Left
31 - 32 Cross Right Over Left, Step Left Next To Right, Cross Right Behind Left, Step Left 1/4 Turn
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