

RUNNING MAN, HOOK KICK

- 1 & Slide back on right foot while lifting the left knee, step down on left
2 & Slide back on left foot while lifting the right knee, step down on right
3 - 4 Hook left in front of right knee, kick left foot forward

1/2 TURN, 1/4 TURN, EXTEND, FLICK KICK, STEP DOWN

- 5 - 6 Step 1/2 turn left on left foot, step 1/4 turn left on right
& 7 Extend left leg forward and flick kick the right foot forward, come down left

/Count &7 should be a snap from left foot to right while both feet are off the ground landing with weight on the left foot

- 8 Step forward on right

SLIDE, STEP, KICK-BALL CHANGE

- 9 - 10 Slide left behind right, step forward on right
11 & 12 Kick left foot forward, step ball of left next to right, change weight to right

KICK FORWARD, 1/4 TURN (CLAP), BUMP, BUMP

- 13 - 14 Kick left foot forward, step 1/4 turn left on left foot and clap hands
15 - 16 Bump hip right, bump hip right

HIP ROCKS (BUMPS)

- 17 - 18 Bump hip left, bump hip right
19 - 20 Bump hip left, bump hip right

HIP ROCKS (BUMPS), 1/4 TURN HOOK-HITCH

- 21 - 22 Bump hip left, bump hip right
23 - 24 Bump hip left, hitch right and hook in front of left knee while pivoting 1/4 right on right

STEP SIDE, TOUCH, 1/4 TURN, SCUFF

- 25 - 26 Step right foot to the side, touch left next to right
27 - 28 Step left foot 1/4 turn left, scuff right next to left (put weight evenly on both feet after scuff)

KNEE BOUNCES, HOP 1/4 TURN, KNEE BOUNCES

- 29 - 30 Bounce twice bending knees (bend over and rest hands on top of knees and stick your tush back or pump arms in a circular motion while bouncing)
& 31 - 32 Hop 1/4 turn right on both feet, repeat 29-30

REPEAT