



FORWARD, OUT, OUT, BACK, TOGETHER, HOLD, STOMP, FWD SHOULDER POPS

- 1-3 Step fwd on R, Step L out to left SIDE (not fwd), Step R out to right SIDE (not fwd),
4&5 Take a nice big step back on L, Step R next to L, Hold
6 Stomp fwd on L, without weight, (so weight is centered), Upper body angled facing 1:00,
7-8 Push R shoulder fwd sharply, twice, (as left shoulder does the opposite),
Weight is still centered or more on R foot,

FORWARD BODY ROLL X2, BACK, TOUCH, TWIST ¼, TWIST DOWN, TWIST UP

- 1-2 Body Roll fwd transferring weight fwd on L, Roll back transferring weight back on R,
(or just Rock fwd on L, Recover back on R),
3-4 Body Roll fwd transferring weight fwd on L, Roll back transferring weight back on R,
(or Rock fwd on L, Recover back on R),
&5 Step back on L, Touch R back,
6 Twist ¼ turn right, (weight centered) [3:00],
7 Twist both heels right, bending knees, making 1/8 turn [1:00],
8 Twist both heels back center, straightening up [3:00], (transfer weight on to L foot),

SIDE SHUFFLES X 4

- 1&2 Shuffle right, R,L,R,
3&4 Shuffle left, L,R,L,
5&6 Shuffle right, R,L,R,
7&8 Shuffle left, L,R,L,
(Bend your knees & use your shoulders and hips to groove on this easy eight).

ROCKING CHAIR, FORWARD, FORWARD, OUT, OUT

- 1-4 Rock fwd on R, Recover back on L, Rock back on R, Recover on L, (Or Pivot ½ X2),
5-6 Walk fwd on R, Walk fwd on L, (on an imaginary straight line),
7-8 Step R out to R SIDE (not fwd), Step L out to L SIDE, (not fwd),

Begin again!!!