
HIP THRUSTS**/Commence with arms extended forward**

- 1 Thrust hips forward while pulling arms back
- 2 Thrust hips forward while pulling arms back

TOE STRUTS FORWARD**/Optional lasso moves with right arm**

- 3 Touch right toe forward
- 4 Lower right heel
- 5 Touch left toe forward
- 6 Lower left heel
- 7 Touch right toe forward
- 8 Lower right heel

1/4-TURN TO RIGHT

- 9 Step back left
- 10 Step right back making 1/4 turn to right

TOE STRUTS FORWARD**/Optional "hitch-hiker" arm moves right, left, right**

- 11 Touch left toe forward
- 12 Lower left heel
- 13 Touch right toe forward
- 14 Lower right heel
- 15 Touch left toe forward
- 16 Lower left heel

EXTENDED VINE TO RIGHT WITH STOMPS

- 17 Step to right with right
- 18 Cross left behind right
- 19 Step to right with right
- 20 Cross left in front of right
- 21 Step to right with right
- 22 Touch left beside right
- 23 Stomp left
- 24 Stomp left

EXTENDED VINE TO LEFT WITH STOMPS

- 25 Step to left with left
- 26 Cross right behind left
- 27 Step to left with left
- 28 Cross right in front of left
- 29 Step to left with left
- 30 Touch right beside left
- 31 Stomp right
- 32 Stomp right

REPEAT