
Walk Forward, Anchor Step, Toe Unwind, Touch

- 1-2 Walk forward left, walk forward right
3-4& Walk forward left, Step right in place, step left in place
5-6 Step right in place, Touch left toe back behind right
7-8 Unwind $\frac{1}{4}$ turn left, Touch right toe in place

Step And Hip Rolls, Step Forward And Look, Heel Twists

- 1-2 Step right to right side, touch left toe out to left side (get your hips rolling)
3-4 Step left to left side, touch right toe out to right side
&5-6 Step right in place as you step forward onto left, Turn and look over your right shoulder
7-8 Twist right heel around making a $\frac{1}{4}$ turn right, twist left heel around making a $\frac{1}{4}$ turn right

Hip Rocks, $\frac{1}{4}$ Turn Step Out, Lift Heels Up And Down

- 1-2 Rock forward onto right, rock back onto left (shake your bum)
3-4 Rock forward onto right, rock back onto left (shake your bum)
5-6 Step forward onto right as you make a $\frac{1}{4}$ turn right, step left next to right
7-8 Put weight on to both toes as your heels lift up, Step heels back down

Touches, Hitch Step, $\frac{1}{2}$ Turn, Sweep $\frac{3}{4}$ Turn

- 1&2 Touch right to right side, bring right in place, Touch left to left side
3-4 Hitch left knee up as you do a long step forward onto left
5-6 Step forward onto right, make a $\frac{1}{2}$ turn left
7-8 Taking weight to left sweep right leg around making $\frac{3}{4}$ turn left, step right in place

Start Again And Enjoy!