

Section 1 R , 1/2 turn ,L¼ Turn L ½ Turn ¾ Turn R .

- 1-2 Step forward on L Pivot ½ turn over R shoulder
3-4 Cross L over R, Step back onto R making a ¼ turn to L
5-6 Make ½ turn L as you step forward on to L over L shoulder. Step forward onto R.
7-8 ¾ Hinge Turn. Step forward L ¼ turn R. ½ turn R over R shoulder. Weight on R foot.

Section 2 L cross rock Recover ,¼ turn L, Full turn R, ¼ Turn L

- 1-2 Cross rock L over R recover weight onto R.
3-4 Make ¼ turn L as you step forward on L. Step forward R
5-6 Full turn to R. Step back on L make ½ turn . Step forward on to R
7-8 Step onto L . Pivot ¼ turn L. as you touch R by L. Weight on L. (Face Front wall

Section 3 Travelling to R, L Toe & Heel Swivels, R LEG Hitches Back and Forth

- 1-8 Swivel L foot flat along floor, Turn Left toe turn in, then L heel in, toe out, travelling along the floor towards right .

At the same time do following, Hitch your right foot over you left knee and then back behind left knee.

* Alternative Dwight walks travelling to the right 8 times)

OR do Left toe heel swivels along the floor and just touch R toe down as you go along 8 times.

Face front

Section 4 R side rock R cross shuffle R ½ turn, L Cross shuffle.

- 1-2 Rock right foot out to right and recover the weight onto left
3&4 Right cross shuffle travelling left, stepping R,L,R over left
5-6 Step Left to left make ½ turn R over right shoulder onto R foot
7&8 Left cross shuffle travelling R, stepping L. R. L over R foot (Face Back Wall

Section 5 Left ¼ turn, Toe struts with Hip bumps forward, L Forward rock recover .

- 1-2 Step to Right as you make ¼ turn left , Hitch L foot up over Right knee.
3-4 Left toe strut forward with Left hip bump travelling forward
5-6 Right toe strut forward with R hip bump travelling forward .
7-8 Left forward rock recover back onto R.(3 Clock Wall

Section 6 L coaster. R forward rock recover .Full triple turn R Left forward rock recover

- 1&2 L coaster step=L back, Step R next right forward on L.
3-4 R rock forward recover back on L
5&6 R triple Full turn to R, Stepping R, L, R (3 clock wall
7&8 Left forward rock recover back onto R

Section 7 Triple ¾ Turn L, Toe touch, step & Hip Bumps ½ Turn Twice

- 1&2 Make a triple ¾ turn to L .Stepping L,R,L as you turn .
3-4 Tap R toe forward, make ½ turn L step back on R , .
5-6 Tap L Toe behind & step forward onto L as you make ½ turn L (Face back wall
7-8 Tap R toe forward & step on it .

Section 8 Walk forward 3 times Hitch R knee. Mash Potatoes going back 4 times

- 1-2-3-4 Walk forward 3 times stepping L.R. L, Walk forward onto L , Hitch up R
STYLING Bend as if you have been punched in stomach .
&5&6&7&8 Swing R leg out to R Step back onto it . Swing L leg out to L & step back onto it
(repeat for 8 counts)
& transfer weight onto R .
1 Being first count beginning of dance ready to start again