

KICK RIGHT, RIGHT, TRIPLE STEP, KICK LEFT, LEFT, TRIPLE STEP

- 1 - 2 Kick forward right, kick right to side
3 & 4 Shuffle in place right (right, left, right)
5 - 6 Kick forward left, kick left to side
7 & 8 Shuffle in place left (left, right, left)

RIGHT SAILOR, LEFT SAILOR, STOMP RIGHT, STOMP LEFT, CLAP, CLAP

- 1 & 2 Right sailor step
3 & 4 Left sailor step
5 - 6 Stomp together right, stomp together left
7 - 8 Clap hands twice

RIGHT K-B-C, RIGHT K-B-C, STEP RIGHT, 1/2 LEFT, STOMP RIGHT, CLAP

- 1 & 2 Right kick-ball-change
3 & 4 Right kick-ball-change
5 - 6 Step forward right, 1/2 turn left shifting weight to left
7 - 8 Stomp together right, clap

HEEL GRINDS WALKING FORWARD

- 1 Step forward onto right heel with toes up and pointed inward, grind heel into floor while fanning toes outward
2 Step down on right
3 - 4 Repeat using left foot (2 counts per walk)
5 - 8 Repeat heel grinds walking forward (same as above)

RUNNING MAN, SHUFFLE RIGHT, SHUFFLE LEFT

- 1 & Step forward right & scoot right back and hitch left knee
2 & Step forward left & scoot left back and hitch right knee
3 & 4 & Repeat
5 & 6 Shuffle forward right (right, left, right)
7 & 8 Shuffle forward left (left, right, left)

STEP RIGHT, 1/2 LEFT, STOMP, CLAP, RIGHT HEEL FANS

- 1 - 2 Step forward right, 1/2 turn left shifting weight to left
3 - 4 Stomp together right, clap
& With weight on left foot lift right heel slightly off floor and fan out to
5 Return home
& 6 - 8 Repeat 3 more times for &, 6, &, 7, &, 8

MASHED POTATOES (CHARLESTON SWIVELS) TRAVELING BACKWARDS

- & Lift right foot slightly off floor and turn both toes in/heels out
1 Step back onto right foot as you turn both toes out/heels in (1)
& Lift left foot slightly off floor and turn both toes in/heels out
2 Step back onto left foot as you turn both toes out/heels in
& Lift right foot slightly off floor and turn both toes in/heels out
3 Step back onto right foot as you turn both toes out/heels in (3)
& 4 Swivel both heels out & in
& 5 - 8 Repeat &1-4 traveling back leading with left foot

JUMP, CLAP & JUMP, JUMP, CLAP, JAZZ BOX TURNING 1/4 LEFT, JUMP/CLAP

- 1 - 2 Jump forward on both feet, clap hands
& 3 - 4 Jump forward on both feet twice, clap hands (4)
5 - 6 Cross right over left, step back left while turning 1/4 left
7 - 8 Step in place on right, jump forward on both feet while clapping hands

REPEAT