

### Heel, Toe, Heel and Grind

- 1-2 Touch right heel forward, Touch right toe back.  
3-4 Touch right heel forward, Grind right heel ¼ turn left, taking weight onto right foot.

### Heel, Toe, Heel and Grind

- 5-6 Touch left heel forward, touch left toe back  
7-8 Touch left heel forward, grind left heel 1/4 turn right, taking weight onto left foot.

### Forward, Forward, Back, Back

- 1-2 Step forward on right, pushing hip right, step forward on left pushing hips left  
3-4 Step right foot back in place, step left foot back in place, (feet should be shoulder width apart)

### Knee roll to right, knee roll to left

- 5-6 Touch right toe out to right side and roll right knee out and strut right heel down.  
7-8 Touch left toe out to left side and roll left knee out and strut left heel down  
(weight ends on left foot)

### Jazz box scuff, jazz box scuff

- 1-2 Cross right over left, step back on left  
3-4 Step side on right, scuff left foot through.  
5-6 Cross left over right, step back on right  
7-8 Step side on left, scuff right foot through,

### Jazz box ¼ turn, shoulder bounces

- 1-2 Cross right over left, step back on left  
3-4 Step side on right making ¼ turn right. Close left to right.(weight on left)  
5-6 Step side on right and bounce shoulder X2  
7-8 Touch right to left and bounce shoulders X2 (**On shoulder bounces, add some attitude**)

Very funky and Clubby track so smile and have fun.....

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