

PRESS, HEEL, COASTER STEP, KICK BALL CROSS TURN, DIP, RECOVER, ½ DIP, RECOVER, CROSS

- 1 Press to right side with left toes pointing up
- 2&3 Step back left, step back right, step forward left
- &4& Kick right foot forward, step right beside left, cross left over right as you angle body to left
- 5-6 Complete a ¼ turn left (9:00) as you dip with feet apart, (weight stays on right) make ¼ turn right as you recover and slide left foot to right
- 7&8 Make ¼ turn right stepping left to left side as you dip with feet apart, recover with weight on right foot, cross left over right

BOUNCE X3 (OR SMALL JUMPS) ¾ HITCHED RONDE, BEHIND, SIDE, SIDE, STEP RONDE BEHIND, STEP, SHUFFLE FORWARD

- 1&2 Bounce or jump ¾ turn right hitching right knee from front to back on count 2
- 3&4 Cross right behind left, step left to left, step right to right
- &5-6 Step left to left, cross right behind left as you start to raise left knee, circle knee & step behind right
- &7&8 Step right beside left, step left forward, step right beside left, step left forward

TOUCH, ¼ KNEE BEND, RECOVER ½ BEND, SAILOR STEP, SIDE BALL STEP, BEHIND ¼ SIDE, ¼ LEAN, LEG RAISE

- &1-2 Touch right beside left (&), make ¼ left as you bend knees with feet together (1), on ball of left make ½ turn left dropping into a squat position with feet apart (2), (weight drops to right)
- 3&4 Cross left behind right, step right to right side, step left to left side
- &5 Step right beside left, step left to left side
- 6&7 Cross right behind left, make ¼ left stepping left to left side, step right to right side, (weight on right)
- 8 Make ¼ pivot turn left as you lean back & raise left leg (low lift) (keep face looking forward)

WALK, WALK, MAMBO STEP, SAILOR ¼ TURN, BALL STEP TWICE MAKING ¾ TURN RIGHT

- 1-2 Walk forward left, walk forward right
- 3&4 Rock forward left, recover on right, step back left
- 5&6 Cross right behind left, make ¼ turn right stepping left to left side, step right forward
- &7&8 Step left beside right, make ½ turn right crossing right over left, step left beside right, make ¼ turn right crossing right over left. Use your hips here

HITCH CROSS, ROCK, RECOVER, SAILOR ¼ RIGHT, SIDE, "MATRIX" LEAN, BALL CROSS

- &1 Hitch left knee, cross left over right
- 2& Rock out to right side, recover on left
- 3&4& Cross right behind left, make ¼ turn right stepping left to left side, step right forward, step left to left side, (start to lean back)
- 5-6-7 Over 3 counts, lean back & circle your body & shoulders to the left (as in the matrix) returning to upright position on count 7
- Option: If you don't want to lean, just circle your hips for 3 counts to the left).
Weight will shift from left to right for both options
- &8 Step left beside right, cross right over left

HIP SIDE STEP LEFT, HIP SIDE STEP RIGHT, CROSS, STEP, CROSS, FORWARD, ¼ TURN, BACK, FORWARD, ¼ TURN

- 1-2 Step left foot to left side, using left hip as if stepping over something, step right foot to right side, using right hip as if stepping over something
- 3&4 Cross left over right, step right to right side, cross left over right
- 5-6 Step forward right, make ¼ turn left, (keep weight on right)
- &7-8 Step left back, step forward right make ¼ turn left, (keep weight on right)
Try to stay rigid during these steps, keep legs straight

STEP, CROSS, TOUCH, PELVIC CONTRACTIONS X 3, WEIGHT, BALL, WALK, ¼ CROSS ¼ BACK, LOCK, BACK

- &1-2 Step left beside right, cross right over left, touch left to left side- keep right knee bent lean slightly forward (stick bottom out)
 - 3&4 Contract hips - forward- back- forward as you transfer your weight to left foot
 - &5-6 Step right beside left, step forward left, make ¼ right as you cross right over left
 - 7&8 Make ¼ right stepping back left, cross right over left, step back left
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DIAGONAL STEP FORWARD, DRAG, DIAGONAL JUMPS X 3, STEP, STEP, TURN STEP BALL SIDE

- 1-2 Take a large step to right diagonal with right foot, drag left in place, (angle body to left diagonal)
3&4 To left diagonal make 3 small jumps with feet together, with body angled to right diagonal, (weight ends on left)
5-6&7 Step forward right, step forward left, make ½ pivot turn right, step forward left
&8 Step right beside left, step left to left side