

HEEL GRINDS, COASTER STEPS

- 1,2 With toe pointed up to the left; step right heel forward and grind to the right with a twisting motion; step back on left foot
- 3 & 4 Step right foot back; step left beside right; step right foot forward
- 5,6 With toe pointed up to the right, step left heel forward and grind to the left with a twisting motion; step back on right foot
- 7 & 8 Step left foot back; step right beside left; step left foot forward.

FORWARD HIP BUMP WALKS

- 9 & 10 Step right foot forward with body facing diagonally left and bump hips to the right; shift weight to the left and bump hips to the left; shift weight to the right and bump hips to the right
- 11 & 12 Step left foot forward facing body diagonally right and bump hips to the left; shift weight back onto the right and bump hips to the right; shift weight forward onto left and bump hips forward
- 13 & 14 Step right foot forward with body facing diagonally left and bump hips to the right; shift weight to the left and bump hips to the left; shift weight to the right and bumps hips to the right
- 15 & 16 Step left foot forward facing body diagonally right and bump hips to the left; shift weight back onto the right and bump hips to the right; shift weight forward onto left and bump hips forward.

RIGHT GRAPEVINE, SIDE SHUFFLE, ROCK-STEP

- 17,18 Step right foot to right side; cross-step left behind right
- 19,20 Step right foot to right side; rock-step onto left foot
- 21 & 22 Step right foot to right; step left together; step right foot to right
- 23,24 Step left foot back; rock forward onto right.

LEFT GRAPEVINE, SIDE SHUFFLE, ROCK-STEP

- 25,26 Step left foot to left side; cross-step right behind left
- 27,28 Step left foot to left side; rock-step onto right foot
- 29 & 30 Step left foot to left; step right together; step left foot to left
- 31,32 Step right foot back; rock forward onto left foot.

MILITARY TURNS TO THE LEFT, RIGHT KICK-BALL-CHANGES

- 33,34 Step right foot forward; pivot 1/4 turn left shifting weight to left
- 35 & 36 Kick right foot forward; step on ball of right; step on left
- 37,38 Step right foot forward; pivot 1/2 turn left shifting weight to left
- 39,40 Kick right foot forward; step on ball of right; step on left.

HEEL, DRAG; HEEL, DRAG & STEP

- 41,42 Step right heel diagonally forward right; drag left foot up to right heel
- 43 & 44 Step right heel diagonally forward right; drag left foot up to right heel; lower ball of right foot to floor
- 45,46 Step left heel diagonally forward left; drag right foot up to left heel
- 47 & 48 Step left heel diagonally forward left; drag right foot up to left heel; lower ball of left foot to floor.

MILITARY TURNS TO THE LEFT, RIGHT KICK-BALL-CHANGES

- 49,50 Step right foot forward; pivot 1/4 turn left shifting weight to left
- 51 & 52 Kick right foot forward; step on ball of right; step on left
- 53,54 Step right foot forward; pivot 1/4 turn left shifting weight on left
- 55 & 56 Kick right foot forward; step on ball of right; step on left.

HIP BUMPS, HIP ROLLS

- 57,58 Bump hips to the right twice
- 59,60 Bump hips to the left twice
- 61,62 Roll hips horizontally to the right; roll hips horizontally back and to the right
- 63,64 Roll hips horizontally forward and to the left; roll hips back and to the left. (beats 61-64 will be a horizontal figure 8.)

REPEAT