

SECTION A**SHUFFLE FORWARD TWICE, ROCK TWICE, SHUFFLE BACK TWICE, ROCK TWICE**

- 1 & 2 Shuffle forwards on right (right-left-right)
3 & 4 Shuffle forwards on left (left-right-left)
5 - 6 Rock forwards onto right, rock weight back onto left
7 & 8 Shuffle back on right (right-left-right)
1 & 2 Shuffle back on left (left-right-left)
3 - 4 Rock back onto right, rock forward onto left

RIGHT TOE, HEEL, TOE, HEEL, CHASSE RIGHT

- 5 - 6 Touch right toe (in left instep), touch right heel on right diagonal
7 - 8 Touch right toe (in left instep), touch right heel on right diagonal
1 & 2 Chasse/shuffle to right (right-left-right),

LEFT TOE, HEEL, TOE, HEEL, CHASSE LEFT

- 3 - 4 Touch left toe (in right instep), touch left heel on left diagonal
5 - 6 Touch left toe (in right instep), touch left heel on left diagonal
7 & 8 Chasse/shuffle to left (left-right-left)

ROCK, ROCK, ROCK, HOP, ROCK, ROCK, ROCK, HOP

- 1 - 2 Step/rock forwards onto right, rock back onto left
3 - 4 Rock forwards onto right, hop on right (gently hitch left)
5 - 6 Step/rock back onto left, rock forwards onto right
7 - 8 Rock back onto left, hop on left (gently hitch right)

REPEAT ALL OF SECTION A**SECTION B****KICK, FLICK-TURN, STOMP, STOMP, HEEL SWIVEL**

- 1 - 2 Kick right forwards, 1/4 pivot left & flick right foot behind (bending right knee)
3 - 4 Stomp right foot forwards, stomp left foot back (so toes are slightly splayed out)
5 - 6 Swivel both heels outwards, return heels to center (optional-shrug shoulders up, then release)

HIPS RIGHT TWICE, HIPS LEFT TWICE, CIRCLES TWICE

- 7 - 8 Bump hips to right/diagonal twice
1 - 2 Bump hips to left/diagonal twice
3 - 6 Circle hips to the left twice (end with weight on left)

REPEAT