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- Section 1 Heel & Touch, Side Step Touch, Back Hip Bumps, Back Hip Bumps**
1 & 2 Touch right heel forward. Step right in place. Touch left beside right.
3 - 4 Step left to left side. Drag right and touch beside left.
5 & 6 Step right diagonally back. Rock weight forward onto left. Rock back on right (bumping hips).
7 & 8 Step left diagonally back. Rock weight forward onto right. Rock back on right (bumping hips).
- Section 2 Step 1/4 Turn Right, Walk, Walk, Pivot 1/2 Turn Left, Kick-Ball-Change, Roll Hips**
1 - 2 Turn 1/4 turn right stepping right forward. Walk forward left.
3 - 4 Walk forward right pivoting 1/2 turn left.
5 & 6 Kick right forward. Step right in place. Touch left beside right.
7 - 8 Keeping left toe pointed beside right rotate hips anti-clockwise.
- Section 3 Back Locks x 2, Rock Right Side Recover, 1/4 Turn Left Rock Right Recover.**
1 & 2 Step right diagonally back right. Cross left over right. Step Right diagonally back right.
3 & 4 Step left diagonally back left. Cross right over left. Step left diagonally back left.
5 - 6 Rock right to right side. Recover weight on left.
7 - 8 Turn 1/4 turn left rocking right to right side. Recover weight onto left.
- Section 4 Side Behind, Heel & Touch, Rock Side Recover, 1/4 Turn Left Rock Right Recover**
1 - 2 Step right to right side. Step left behind right.
& 3 Step right to right side. Quickly touch right heel forward left.
& 4 Step left in place. Touch right beside left.
5 - 6 Rock right to right side. Recover weight on left.
7 - 8 Turn 1/4 left rocking right to right side. Recover weight onto left.
- Section 5 Forward Walk, Walk, Pivot 1/2 Turn, Forward Walk, Pivot Slow 1/2 turn**
1 - 2 Walk forward right. Walk forward left.
3 - 4 Pivot 1/1 turn right. Step forward left.
5, 6, 7, 8 Step forward right, slow pivot 1/2 turn left with knees bent.
- Tag: - At the end of Wall 2 repeat Section 5**
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