

Start on female vocals after the mini rap intro

This dance is phrased to fit in with the music. The order in which it should be danced is:

Counts 1-48, 1-64, 1-16, 1-64, 1-64, 1-16, 1-64, 1-16

It looks like a lot of changes, but its not too bad and fits well with the music.

HEEL DIGS, ANGLED CROSS, HITCH STEP, JUMPING JACK, HITCH TURN, 1 1/4 TURN WITH POINT

- 1&2 Dig right heel forward and in front of you, dig right heel out to right diagonal, cross right foot over left while angling body to left diagonal
- &3 Hitch left knee and straighten up to front wall, step left foot next to right
- &4 Jump feet shoulder width apart, jump feet together
- &5-6 Jump feet shoulder width apart again, On ball of left foot make a 1/2 turn over right shoulder by hitching right knee, touch right foot down in front of you (6:00)
- 7&8 Do a 1 1/4 triple step turn over left shoulder and leading with right foot, finish the turn pointing right toe to right side (3:00)

HITCH COMBO, STEP, TURNING HITCH, HEEL JACK, REVERSE COASTER, STEP

- 1&2 Hitch right knee across left, open out hitch so right knee faces out to right side, cross right knee in front of left again
- &3 Cross step right foot over left, make a 1/4 turn right on ball of right foot while hitching left knee (6:00)
- &4&5 Step back on left foot, dig right heel forward, step right foot back to centre, step left foot next to right
- 6&7 Step forward on right, step left next to right, step back on right
- 8 Step left next to right

QUICK OUT STEPS AND CROSS, TURNING KICK AND HITCH, COASTER STEP, SWIVELS

- &1-2 Step back and to right diagonal on right, step back and to left diagonal on left, cross right over left
- 3&4 Make a 1/4 turn right on ball of right foot and kick left forward, step down on left foot, hitch right knee
- 5&6 Step back on right, step left next to right, step forward on right
- 7-8 Step forward on left foot while swivelling both left and right heel to left, return to centre

SWIVEL AND HITCH, FORWARD ROCK, HEEL JACK, 3/4 TURN

- 1&2 Make a 1/4 turn right by swivelling feet left, right, left, on last swivel hitch right knee
- 3-4 Rock forward on right foot and recover onto left foot
- 5&6 Cross right foot over left, step back on left foot, dig right heel forward
- &7-8 Return right foot to centre, make a 1/4 turn right stepping left foot to left side, make a further 1/2 turn over right shoulder by stepping right foot to right side

SLIDE, FULL TURN, KNEE CHUGS

- 1-2 Take a large step to left and slide right to left
- 3-4 Cross right foot over left and fully unwind
- 5-6 Make a 1/4 turn left on ball of left foot while rocking right foot out to right side and pointing right knee out, recover onto left and return knee to centre
- 7&8 Make a 1/4 turn left on ball of left foot while rocking right foot out to right side and pointing right knee out, recover onto left and return knee to centre, Make a 1/4 turn left on ball of left foot while rocking right foot out to right side and pointing right knee out (basically repeat steps 5-6 but double time and do not recover after second chug)

LEFT SIDE ROCK, LEFT SAILOR, BALL STEP, KICK, HITCH TURN

- 1-2 Rock left foot to left side, recover onto right
- 3&4 Step left foot behind right, step right to right side, step left to left side
- &5 Step right in place, step left in place
- 6 Kick right foot forward
- 7-8 Swing right foot back behind body making a 1/2 turn over right shoulder, hitch right knee

SLIDE, FULL TURN, KNEE CHUGS

- 1-2 Take a large step to the right and slide left to right
- 3-4 Cross left foot over right and fully unwind
- 5-6 Make a 1/4 turn right on ball of right foot while rocking left foot out to left side and pointing left knee out, recover onto right and return knee to centre
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7&8 Make a 1/4 turn right on ball of right foot while rocking left foot out to left side and pointing left knee out, recover onto right and return knee to centre, Make a 1/4 turn right on ball of right foot while rocking left foot out to left side and pointing left knee out (basically repeat steps 5-6 but double time and do not recover after second chug)

RIGHT SIDE ROCK, RIGHT SAILOR, BALL STEP, KICK, SWEEP TURN

1-2 Rock right foot to right side, recover onto left
3&4 Step right foot behind left, step left to left side, step right to right side
&5 Step left in place, step right in place
6 Kick left foot forward
7-8 Swing left foot back behind body making a 1/2 turn over left shoulder, step down on left foot.

Music download available from itunes

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