

HIP ROCK RIGHT

- 1 Step right foot slightly to right and rock hips to right
- 2 Rock hips back to left
- 3 Rock hips back to right
- 4 Step left foot together with right foot
- 5 - 6 Repeat steps 1&2
- 7 Cross right foot in front of left foot
- 8 Clap

HIP ROCK LEFT

- 9 Step left foot slightly to left and rock hips to left
- 10 Rock hips back to right
- 11 Rock hips back to left
- 12 Step right foot together with left foot
- 13 - 14 Repeat steps 9&10
- 15 Cross left foot in front of right foot
- 16 Clap

ROCK TURN, SHUFFLES, & HIP TURN

- 17 Rock forward on right foot
- 18 Rock weight back on left foot & turn 1/2 turn to right
- 19 & 20 Shuffle forward for right, left, right
- 21 & 22 Shuffle forward for left, right, left
- 23 Step forward on right shifting hips to right
- 24 Turn 1/4 turn to left shifting weight and hips to left

HIP WALK & TWO HIP TURNS

- 25 Step forward on right foot and shift hips to right
- 26 Step forward on left foot and shift hips to left
- 27 - 28 Repeat 25&26
- 29 Step forward on right foot and shift hips to right
- 30 Turn 1/4 turn and shift weight and hips to left
- 31 - 32 Repeat steps 29&30

REPEAT
