

**RUNNING MAN STEPS**

- 1 & Step forward on right foot and scoot back on right, hitching left knee  
2 & Step forward on left foot and scoot back on left, hitching right knee  
3 & Step forward on right foot and scoot back on right, hitching left knee  
4 & Step forward on left foot and scoot back on left, hitching right knee

**HIP SWAYS**

- 5 Rock forward on right foot, swaying right hip forward  
6 Rock back onto left foot, swaying left hip backward  
7 Rock forward on right foot, swaying right hip forward  
8 Rock back onto left foot, swaying left hip backward

**WINDOW WASHER STEPS**

- 9 Step back and twist body diagonally right on right foot  
10 Step back and twist body diagonally left on left foot  
11 Step back and twist body diagonally right on right foot  
12 Step on left foot and clap hands over right shoulder

**HITCH-SIDE-SLIDE & SWIVEL**

- & 13 Hitch left knee and hop to left side on right foot, step onto left foot  
14 Slide right foot beside left foot  
15 Step left foot in place  
& 16 Swivel both heels to left, return to center  
& 17 Hitch right knee and hop to right side on left foot, step onto right foot  
18 Slide left foot beside right foot  
19 Step right foot in place  
& 20 Swivel both heels to right, return to center

**ELECTRIC KICKS**

- 21 & Jump right foot over left foot, rock back onto left foot  
22 & Jump back onto right foot kicking left foot forward, return left foot  
23 & Jump right foot over left foot, rock back onto left foot  
24 & Jump back onto right foot kicking left foot forward, return left foot

**CHUGS TO HALF-TURN LEFT**

- 25 - 27 Keeping weight on left foot, push off 3 times on right toes, gradually turning half a turn left  
28 Step onto right foot

**KICK-BALL-CHANGE, SCUFF & TURN**

- 29 Kick left foot forward  
& Step back on ball of left foot  
3 - Step back on right foot  
& 31 Step forward on left foot, scuff right foot  
32 1/4 turn left, step onto right foot  
33 Kick left foot forward  
& Step back on ball of left foot  
34 Step back on right foot  
& 35 Step forward on left foot, scuff right foot  
36 1/4 turn left, step onto right foot

**HITCH, STEP FORWARD, SCUFF, SPIN 3/4 RIGHT**

- & 37 Hitch left knee and scoot forward on right foot, step onto left foot  
38 Step right foot beside left foot  
39 Scuff left foot spinning 3/4 turn right  
40 Step onto left foot

**REPEAT**