

**SYNCPATED HEEL TOUCHES, SIDE TOUCH WITH DOUBLE CLAP**

- 1 & 2 & Touch right heel forward, step right foot together, touch left heel forward, step left foot together  
3 & 4 & Touch right toes to right side, hold & clap twice, step right foot together  
5 & 6 & Touch left heel forward, step left foot together, touch right heel forward, step right foot together  
7 & 8 Touch left toes to left side, hold & clap twice (weight ends on right foot)

**CROSS OVER & UNWIND 3/4 LEFT, LEFT FORWARD SHUFFLE, BUMP HIPS RIGHT TWICE, RIGHT CROSS OVER, HOLD & DOUBLE CLAP**

- & 1 - 2 Step left foot together, cross right foot over left foot, unwind 3/4 left (weight ends on right foot)  
3 & 4 Step left foot forward, step right foot together, step left foot forward  
5 - 6 Step right foot to right side and bump hips right twice  
& 7 & 8 Step left foot back, cross step right foot over left, hold & clap twice (weight ends on right foot)

**BUMP HIPS LEFT TWICE, LEFT CROSS OVER, HOLD & DOUBLE CLAP, SIDE ROCK RIGHT-LEFT-RIGHT, PIVOT 1/2 LEFT**

- 1 - 2 Step left foot to left side and bump hips left twice  
& 3 & 4 Step right foot back, cross step left foot over right, hold & clap twice (weight ends on left foot)  
5 - 7 Step right foot to right side and rock, recover weight on left foot and rock, recover weight on right foot and rock  
8 Pivot 1/2 left on right foot & step left foot together (weight ends on left foot)

**FORWARD & BACK COASTER STEPS, SIDE ROCK RIGHT-LEFT-RIGHT, PIVOT 1/4 LEFT**

- 1 & 2 Step right foot forward, step left foot together, step right foot back  
3 & 4 Step left foot back, step right foot together, step left foot forward  
5 - 7 Step right foot to right side and rock, recover weight on left foot and rock, recover weight on right foot and rock  
8 Pivot 1/4 left on right foot & step left foot together (weight ends on left foot)

**FORWARD & BACK COASTER STEPS, RIGHT SIDE RIGHT, SLIDE LEFT TOGETHER, RIGHT CROSS OVER, HOLD**

- 1 & 2 Step right foot forward, step left foot together, step right foot back  
3 & 4 Step left foot back, step right foot together, step left foot forward  
5 - 6 Step right foot to right side taking a big step, slide left foot together keeping weight on right foot  
& 7 - 8 Step left foot back, cross step right foot over left, hold

**LEFT SIDE LEFT, SLIDE RIGHT TOGETHER, LEFT CROSS OVER, SCUFF RIGHT FORWARD, RIGHT JAZZ BOX WITH 1/4 RIGHT**

- 1 - 2 Step left foot to left side taking a big step, slide right foot together keeping weight on left foot  
& 3 - 4 Step right foot back, cross step left foot over right foot, scuff right foot forward  
5 - 8 Cross step right foot over left foot, step back on left foot, step right foot turning to the right 1/4 right, step left foot together

**REPEAT**