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- Right Forwards Left & Right Side Rock Cross, Left Forward, Heel Twist With 1/2 Right Turn**
- 1 Step Right Foot Forward
2 & 3 Rock Left Foot To Left Side, Recover Weight On Right Foot, Cross Step Left Foot Over Left
4 & 5 Rock Right Foot To Right Side, Recover Weight On Left Foot, Cross Step Right Foot Over Left
6 Stop Left Foot Forward (end With Weight On Both Feet)
7 & 8 Twist Heels Left, Twist Heels Right, Twist Heels Left Turning 1/2 Right (end With Weight On Left Foot)
- Right Back Coaster Step, Left & Right Side Rock Cross, Left Scuff Hitch Touch**
- 1 & 2 Step Right Foot Back, Step Left Foot Together, Step Right Foot Forward
3 & 4 Rock Left Foot To Left Side, Recover Weight On Right Foot, Cross ~ Left Foot Over Right
5 & 6 Rock Right Foot To Right Side, Recover Weight On Left Foot, Cross Step Right Foot Over Left
7 & 8 Scuff Left Foot Forward, Hitch Left Knee Up, Touch Ball Of Left Foot Forward
- Left Heel Press 3x, L & R Hitch Steps Back, L Heel Press 3x, L Hitch Into L Back Coaster Step**
- 1 & 2 Press Left Heel Down 3 Times (weight Remains On Right Foot)
& 3 Hitch Left Knee Up & Hop Back On Right Foot, Step Left Foot Back
& 4 Hitch Right Knee Up & Hop Back On Left Foot. Step Right Foot Back
5 & 6 Press Left Heel Down 3 Times (weight Remains On Right Foot)
& Hitch Left Knee Up & Hop Back On Right Foot
7 & 8 Step Left Foot Back, Step Right Foot Together, Step Left Foot Forward
- Right Syncopated Vine, Right Side Rock & Recover, Right Cross Steps**
- 1 Step Right Foot To Right Side
2 & 3 Cross Step Left Foot Behind Right, Stop Right Foot To Right Side, Cross Step Left Foot Over Right
4.5 Rock Right Foot To Right Side, Recover Weight On Left Foot
6 & 7 Cross Step Right Over Left, Step Left Foot To Left Side, Cross Step Right Foot Over Left
& 8 Step Left Foot To Left Side, Cross Step Right Foot Over Left (weight Ends On Right Foot)
- Left Syncopated Vine, L Side Rock & Recover, L Cross Behind, R To R Side, 1/4 R, R Forward**
- 1 Step Left Foot To Left Side
2 & 3 Cross Step Right Foot Behind Left, Step Left Foot To Left Side, Cross Step Right Foot Over Left
4 - 5 Rock Left Foot To Left Side, Recover Weight On Right Foot
6 & 7 Cross Step Left Foot Behind Right, Step Right Foot To Right Side, Turning 1/4 Right Step Left Foot Forward.
8 Step Right Foot Forward
- L & R Kick Step Touches Hip Bumps L, R, L, R, L, R With 1/4 R Pivot Turn, L Back**
- 1 & 2 Kick Left Foot Forward, Step Left Foot Together, Touch Right Toes To Right Side
3 & 4 Kick Right Foot Forward, Step Right Foot Together, Touch Left Toes To Left Side
5 & 6 & Bump Hips Left, Right, Left, Right
7 - 8 Bump Hips Left, Bump Hips Right Pivoting 1/4 Left (weight Ends On Right Foot)
& Step Left Foot Back