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- 1 - 4 Touch right toe forward, hold, step right back, hold  
5 - 8 Touch left toe back, hold, step left forward, hold  
1 - 2 Step right forward at 45 degrees right, lock left behind right  
3 - 4 Step right forward at 45 degrees right, scuff left foot forward  
5 - 6 Step left forward at 45 degrees left, lock right behind left  
7 - 8 Step left forward at 45 degrees left, scuff right foot forward  
1 - 2 Step right forward, scuff left forward  
3 - 4 Step left forward, scuff right forward  
& 1 Step right forward at 45 degrees right & bump hips forward  
2 - 8 Bump hips forward, back, back, forward, back, forward, back  
1 - 2 Kick right foot forward twice  
3 - 4 Rock/step right back, rock forward onto left  
5 - 6 Step right forward, turn 1/2 turn left transferring weight to left  
7 - 8 Step right forward at 45 degrees right, step left forward at 45 degrees left  
1 - 2 Step right across behind left, step left to left side  
3 - 4 Stomp right forward at 45 degrees right & lift left foot, hold  
5 - 6 Step left across behind right, step right to right side  
7 - 8 Stomp left forward at 45 degrees left & lift right foot, hold  
1 - 2 Rock/step right across behind left, rock forward onto left  
3 - 5 Step right to right side, step left across behind right, step right to right side  
6 - 8 Step left across in front of right, step right to right side, step left across behind right  
1 - 2 Rock/step right to right side, rock/step left to left  
3 & 4 Step right across in front of left, step left to left & step right across in front of left (cross shuffle)  
5 - 6 Step left to left while making 1/4 turn right, step right forward while making 1/4 turn right  
1 - 2 Rock/step left forward, rock back onto right  
3 & 4 Step left back, step right next to left & step left forward (coaster step)  
5 - 6 Step right forward, pivot turn 1/2 turn left transferring weight to left

**REPEAT**