

GRAPEVINE, SCUFF, HEEL SWITCHES, CLAP

/Optional hand movement: punching action in front of chin on heel digs

- 1 - 4 Right foot to side, left foot behind right foot, right foot to side, scuff left foot forward
5 - 6 & 7 - 8 Dig left heel forward twice, close left foot to right foot and dig right heel forward twice
11 - 12 Close right foot to left foot and dig left heel forward, close left foot to right and dig right heel forward,
11 - 12 close right foot to left and dig left heel forward, hold position & clap
13 - 24 Repeat all above moving to your left

SHUFFLES, STOMPS, SAILOR STEP

- 25 & 26 Right foot forward, close left foot to right foot, right foot forward
27 & 28 Left foot forward, close right foot to left, left foot forward
29 - 31 & 32 Stomp right foot beside left foot, stomp left foot in place, right foot back, left foot out to left side, rock
onto right foot in place
33 - 40 Repeat this section starting shuffles on left foot

PADDLE ROUND 1/2 TURN LEFT

- 41 - 48 Right foot slightly forward, rock back to left foot turning 1/8 to left, repeat this movement another 3
times to have made 1/2 turn to left

TOE STRUTS WITH FINGER CLICKS

- 49 - 56 Point right toe forward, lower right heel to floor, point left toe forward, lower left heel to floor,
repeat another 3 times (with this movement bring opposite arm forward at waist height and click
fingers as heel lowers)

OUT OUT IN IN 1/4 PIVOT TO LEFT STOMP STOMP

- & 57 Right foot out to right side, left foot out to left side
& 58 Right foot in towards left foot, left foot closes to right
59 - 60 Right foot forward, pivot 1/4 to left with weight ending on left foot.
61 - 62 Stomp right foot in place, stomp left foot in place.

AEROBIC SIDE SHUFFLES ROCKS 1/2 PIVOT FLICK BALL CHANGE

- 63 & 64 Right foot diagonally forward, slide left foot to right foot, right foot forward & touch left foot to right foot
clap
65 & 66 Left foot diagonally forward, slide right foot to left foot, left foot forward & touch right foot to left foot
clap
67 - 70 Rock forward on right foot, rock back onto left foot, rock back on right foot, rock forward onto left foot
71 - 73 & 74 Right foot forward, pivot 1/2 turn to left (end weight on left foot), kick right foot forward, put right toe next
to left foot, stomp left foot in place.

REPEAT