

HEEL-STEPS & STOMP, KICK, KICK, STEP

- 1 - 4 Right heel tap forward, right foot step home, left heel tap forward, left foot step home
5 - 8 Right foot stomp in place, right foot kick forward twice, right foot step home
9 - 12 Left heel tap forward, left foot step home, right heel tap forward, right foot step home
13 - 16 Left foot stomp in place, left foot kick forward twice, left foot step home

PENDULUM SWINGS SIDEWAYS, STEPS BACK

- 1 - 2 Swing right foot to right side, right foot step behind left foot
3 - 4 Swing left foot to left side, left foot step behind right foot
5 - 8 Repeat counts 1-4 (right swing & step, left swing & step)

STEP, SLIDE TOGETHER, STEP, HITCH

- 1 - 2 Right foot step forward (2 o'clock), left foot slide up next to right foot
3 - 4 Right foot step forward (2 o'clock), hitch left knee up and clap (12 o'clock)
5 - 6 Left foot step forward (10 o'clock), right foot slide up next to left foot
7 - 8 Left foot step forward (10 o'clock), hitch right knee up and clap (12 o'clock)

STEP, HITCH 4 TIMES MAKING FULL CIRCLE TO RIGHT

- 1 - 2 Right foot step 1/4 turn to right, hitch left knee up and slap with left hand
3 - 4 Left foot step 1/4 turn to right, hitch right knee up and slap with right hand
5 - 6 Right foot step 1/4 turn to right, hitch left knee up and slap with left hand
7 - 8 Left foot step 1/4 turn to right, hitch right knee up and slap with right hand

ROCK STEP, TRIPLE STEP, ROCK STEP, STOMP

- 1 - 2 Rock back on right foot, step left foot in place
3 & 4 Triple step right, left, right, turning 1/4 turn to the left
5 - 6 Rock back on left foot, step right foot in place
7 - 8 Stomp left foot home and hold (weight remains on left foot)

REPEAT

/The music allows for the entire dance to be done a total of 8 times. On the last repetition, end with the arms up (like the letter "Y") on the final stomp.
