

ROCK, TURNING JAZZ

- 1 Rock forward on left foot
- & Step on right
- 2 Step left foot to center
- 3 Step right foot over left, turning 1/4 turn to left
- & Step back with left foot
- 4 Step right foot to center
- 5 - 8 Repeat 1-4

KNEE POPS, JUMP UNWIND

- 1 Left knee pop forward (right leg straight)
- 2 Right knee pop forward (left leg straight)
- 3 Left knee pop forward (right leg straight)
- 4 Right knee pop forward (left leg straight)
- 5 Jump to feet shoulder width apart
- 6 Jump crossing left over right
- 7 Unwind (turn 1/2 to right)
- 8 Clap.

SAILOR SHUFFLES

- 1 Step right behind left, angle body to right
- & Switch weight back to left foot
- 2 Step right to center
- 3 Step left behind right, angle body to left
- & Switch weight back to right foot
- 4 Step left to center.
- 5 - 6 Repeat 1-2
- 7 - 8 Repeat 3-4, turning 1/4 to left on 7

STEP HITCH, STOMP

- 1 Step right foot forward
- 2 Lift left knee up leaning body slightly back, clap
- 3 Step left foot forward
- 4 Lift right knee up leaning body slightly back, clap
- 5 Step right foot forward
- 6 Lift left knee up leaning body slightly back, clap
- 7 Stomp left in place
- 8 Stomp right in place

REPEAT