

Count in: 32 from first heavy beat- start on the word "CAR". (Weight starts left)

1. Figure of 8 Hip Rolls. Chasse-Straight flick. Cross. ¼. Back lock step.

1-2-3 In figure of 8 motion, roll hips right-left-right (weight ends right)
4&5 Step left to left. Step right beside left. Step left to left as you flick right to right side.
6-7 Cross right over left. Make ¼ right stepping back left.
8&1 Step right back. Lock left over right. Step back right.

2. Rock back. Recover. ¾. Press. Recover. Step. Press. Run back x3.

2-3 Rock back left. Recover on right.
4& Make ¼ right stepping left to left. Make ½ right stepping right in place.
5-6 Press left forward. Recover on right.
&7 Step left beside right. Press right forward. (Make the presses strong & expressive)
8&1 Make 3 small runs back left-right-left.

3. Point. Step. Dip. Rock. Step. Side. Cross. Step. Cross. side

2&3 Point right to right side. Step right beside left. Step left to left as you dip & recover
4&5 Cross rock right over left. Recover on left. Step right to right.
6&7 Cross step left over right. Step right to right. Cross step left over right.
8 Step right to right.

4. Rock. Recover. ¼ press. Recover. ¼ .Press. Recover. ¼. press. Recover. ¼. Cross. Side. Step/ Flick.

1&2 Rock back on left. Recover on right. Make ¼ left as you press left forward.
3&4 Recover on right. Make ¼ left stepping left beside right. Press right forward.
5&6 Recover on left. Make ¼ left stepping right beside left. Press left forward.
7&8 Recover on right. Make ¼ left stepping left beside right. Cross step right over left.
&1 Step left to left. Step right beside left as you flick (straight leg) Left to left side.
(Note- Make the press section strong using full use of upper body)

5. Cross. ¼. Reversed dipped triple ¾. ¼ raise. Forward. Run R-L-R/Kick.

2-3 Cross left over right. Make ¼ left as you step back right.
4&5 Stepping L-R-L & ending with L over R – dip slightly as you make a ¾ triple left.
6-7 Step right back making ¼ left as you raise left forward. Step left forward.
8&1 Run forward (small steps) R-L. Step right forward as you kick left forward
(lean back- contract upper body)

6. Forward. Touch. Out. In. Side. Rock back. Recover. ½. Together. Cross point.

2-3 Step forward left. Touch right beside left.
4&5 Point right to right. Touch right beside left. Take a big step to the right.
6-7 Rock back on left. Recover on right.
8&1 Make ½ turn right stepping back left. Step right to right. Point left across right.

7. Slow sweep ¼. Behind. Side. Forward. Cross ¼. Side. Rock back. Side.

2-3 Making a ¼ turn left slowing sweep left foot out.
4&5 Cross step left behind right. Step right to right. Step left forward.
6-7 Make ¼ right as you cross step right over left. Step left to left.
8&1 Cross rock right behind left. Recover on left. Step right to right side.

8. Hold. ball step. Hold. Ball. Cross. Side. 1 ¼ turn right.

2&3 Hold. Step left beside right. Step right to side.
4&5-6 Hold. Step left beside right. Cross step right over left. Step left to left
(Make the ball steps smooth & sexy making full use of your hips & Shoulders)
7&8&& Make a 1 ¼ right stepping R-L-R-L.
Finish facing new wall with left stepped to left side ready to start the figure of 8 hips

TAG: 8 count tag- end of wall 2 (Facing the front)

Figure of 8 Hip Rolls. Chasse left. Figure of 8 Hip roll. Chasse right.

1-2-3 In figure of 8 motion, roll hips right-left-right (weight ends right)
4&5 Step left to left. Step right beside left. Step left to left.
6-7 Figure of 8 motion, roll hips right-left (weight ends left)
8&1 Step right to right. Step left beside right. Roll hips to right (Count 1 is the start of new wall)

“Get those hips going guys!”