

- 1 - 2 Right knee roll to the right
3 - 4 Left knee roll to the left
5 - 8 Right heel presses four times

/Face the four corners of the world next

- 9 - 10 Right step turning 1/4 to the right and left kick forward
11 - 12 Left step beside right turning 1/4 to the right and right kick forward
13 - 14 Right step turning 1/4 to the right and left kick forward
15 Left step beside right turning 1/4 to the right
16 Right toe touch behind left foot
17 - 18 Right step to side and left step over right foot
19 - 20 Right step to side and left step over right foot
21 - 22 Turn 3/4 c/w on the balls of your feet

/(weight ends up to Left foot)

- 23 - 24 Right step forward and left touch beside right foot
25 - 26 Left step back and right touch beside left foot
27 - 28 Right shuffle forward: right-left-right
29 - 30 Left scuff/brush and left stomp beside right foot

REPEAT
