

HITCH HIKES

- & 1 Right swivet, and back to center (moving right thumb like hitching a lift)
- & 2 Right swivet, and back to center (moving right thumb like hitching a lift)
- & 3 Left swivet, and back to center (moving left thumb like hitching a lift)
- & 4 Left swivet, and back to center (moving left thumb like hitching a lift)

CROSS-ROCK, HOLD, CROSS-ROCK, HOLD

- 5 Rock right foot across in front of left
- 6 Hold
- 7 Rock left across in front of right (lifting right slightly)
- 8 Hold

RUNNING MAN

- & Slide left foot back, lifting right foot
- 9 Step right in place
- & Slide right foot back, lifting left foot
- 10 Step left in place
- & Slide left foot back, lifting right
- 11 Step right foot in place
- & Slide right foot back, lifting left
- 12 Step left in place
- & Hitch right

HITCH SLIDE, STEP, STOMP, STOMP

- 13 - 16 Slide right foot to right side
- 17 Step left foot in place
- & Step right foot in place
- 18 Step left foot in place

JUMPING JACKS

- 19 Jump both feet apart
- 20 Jump both feet together, crossing right foot over left
- 21 Jump both feet apart
- & Jump both feet together, crossing left foot in front of right
- 22 Jump both feet apart, ending with weight on left foot

TURNING ELECTRIC JUMPS

- 23 Jump both feet together
- & Jump both feet apart
- 24 Jump both feet together and turn 1/8 turn left
- & Jump both feet apart
- 25 Jump both feet together and turn 1/8 turn left
- & Jump both feet apart
- 26 Jump both feet together and turn 1/8 turn left
- & Jump both feet apart
- 27 Jump both feet together and turn 1/8 turn left
- & Jump both feet apart
- 28 Jump both feet together

REPEAT
