

**STOMPS, KICK-BALL-CHANGES, STEPS**

- 1 With weight on left, stomp right
- 2 & 3 Right kick-ball-change, moving forward
- 4 Step right forward
- 5 Keeping weight on right stomp left
- 6 & 7 Left kick-ball change, moving forward
- 8 Step left forward

**SLOW PENDULUM, QUICK TURNING PENDULUM**

- 1 Touch right toe out to right
- 2 Hold
- & 3 Quickly step right, touch left toe out to left
- 4 Hold
- & 5 Quickly step left, making 14 turn left, touch right toe right
- & 6 Quickly step right, touch left toe left
- & 7 Quickly step left, making 14 turn left, touch right toe right
- 8 Hold
- 1 - 16 Repeat first 16 counts

**RIGHT SYNCOPATED VINE**

- 1,2 Step right, step left behind right
- & 3 Quickly step right, step left across right
- & 4 Quickly step right, step left behind right
- 5,6 Step right to right, step left across right
- 7 & 8 Shuffle right-left-right

**LEFT SYNCOPATED VINE**

- 1,2 Step left, step right behind left
- & 3 Quickly step left, step right across left
- & 4 Quickly step left, step right behind left
- 5,6 Step left to left, step right across left
- 7 & 8 Shuffle left-right-left

**RUNS FORWARD, SHUFFLES BACK**

- 1 - 4 Run forward right left right left
- 5 & 6 Shuffle back right-left-right
- 7 & 8 Shuffle back left-right-left
- 1 - 8 Repeat last 8 counts

**REPEAT**