

Section 1 Forward & Back, Right & Left Diagonal Points

- 1 - 2 Touch Right Heel Diagonal Forward, Bring back beside Left foot.
- 3 - 4 Touch Right Toe Diagonal Back Right, Bring back together beside Left.
- 5 - 6 Touch Left Heel Diagonal Forward Left, Bring back beside Right.
- 7 - 8 Touch Left Toe Back Diagonal Left, Bring back beside Right.

Section 2 Right & Left Hip Bumps, 2 x Hip Swivels

- 1 - 2 2 x Hip Bumps to Right
- 3 - 4 2 x Hip Bumps to Left
- 5 - 8 2 Clockwise Circular Hip Swivels, (Left, Right, left, Right).

Section 3 Forward Right & Left Diagonal Steps

- 1 - 4 Step Right Foot Diagonal Forward, Slide Left Foot Together, Step Right Foot Diagonal Forward, Touch Left Toe Beside
- 5 - 8 Step Left Foot Diagonal Forward Left, Slide Right Foot Together, Step Left Foot Diagonal Forward left, Touch Right Foot Beside.

Section 4 Back Steps x 4, Right & Left Heel Swivels.

- 1 - 4 Step Back on Right, Left, Right, Bring Left Foot Together.
- 5 - 8 Twist Heels to Right, Centre, Left, Centre.

Section 5 Right Turn Jazz Boxes x 2

- 1 - 4 Cross Right Foot in Front of Left, Step Slightly Back on Left, Turn 1/4 turn with Right Foot to Right, Step Left Foot Beside Right.
 - 5 - 8 Repeat above steps 1 - 4.
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