

**DOUBLE KNEE POPS (HEEL LIFTS); SYNCOPATED CROSS ROCK STEPS**

- & 4 With feet slightly apart, lift both heels off floor causing both knees to pop forward on the & counts,  
& 4 drop both heels to floor on the number counts (end with weight on left foot)  
5 & 6 Cross right foot in front of left rocking forward, recover weight to left foot, step right foot to side  
7 & 8 Cross left foot in front of right rocking forward, recover weight to right foot, step left foot to side

**/Still facing 12:00****CHUG 3/4 TURN LEFT; SYNCOPATED ROCK STEPS FORWARD & BACK**

- & 4 With weight on ball of left foot, lift right knee up on the & counts and touch the right foot to side on the  
& 4 number counts as you pivot in the left foot 3/4 to left

**/Touch toes to floor for balance. You will not be scooting forward**

- 5 & 6 Rock forward on right foot, recover weight to left foot, step right foot next to left  
7 & 8 Rock back on left foot, recover weight to right foot, step left foot next to right

**/Now facing 3:00****3/8 TURN LEFT; HEEL SWIVELS; 3/8 TURN LEFT WITH HOOK; SHUFFLE FORWARD**

- 1 - 2 Step forward on right foot, turn 3/8 left on balls of both feet while twisting both heels to right (facing  
10:30)  
3 & 4 With weight on balls of both feet, twist both heels left, right, left

**/On the heel swivels, your body will be angled in opposite direction of heels, facing 1:30, 10:30, 1:30**

- 5 - 6 Twist heels to right while turning 3/8 left (to 10:30), hook left leg in front of right while completing the  
1/2 turn toward 9:00  
7 & 8 Shuffle forward left, right, left (for styling this can be done as a lock step)

**ROCK FORWARD; MASHED POTATOES BACK; REVERSE RIGHT 1/2 TURN; SYNCOPATED ROCK STEP FORWARD**

- 1 - 2 Rock forward on right foot, recover weight to left foot  
& 3 & 4 With weight on ball of left foot twist both heels out, step back on ball of right foot while twisting both  
heels in; twist both heels out; step back ball of left foot while twisting both heels in  
5 - 6 With weight on left foot, step back on ball of right foot, turn 1/2 right taking weight on right foot  
7 & 8 Rock forward on left foot, recover weight to right foot, step left foot slightly to side

**REPEAT**