

HEEL GRINDS HEEL STANDS

- 1 - 2 Grind right heel forward left, to right
3 & 4 Step right foot next to left, lean slightly back on heels while fanning out toes-bring toes back down
5 - 6 Grind left heel forward right, to left
7 & 8 Step left foot next to right, lean slightly back on heels while fanning out toes, $\frac{1}{2}$ bring toes back down

TRIPLES, FUNKY TWISTS

- 9 & 10 Triple to right side, angling left shoulder to the right right-left-right
11 & 12 Triple to left side, angling right shoulder to the left left-right-left
13 - 16 Step on right foot, swivel right heel out to the right lifting left foot off the floor, step on left foot-swivel left heel out to the left lifting right foot off the floor, repeat those 2 counts

/Feel free to incorporate your arms & shoulders to emphasize this move!

SHUFFLE TO RIGHT SIDE, 1/2 TURN PIVOT, WALK FORWARD

- 17 & 18 Shuffle to the right side right, left, right
19 - 20 Step forward on left foot, 1/2 pivot turn to right
21 - 24 Walk forward on left, right, left, kick out right foot & clap

WALK BACK, HEEL JACK (ROMP), HOLD, TWICE RIGHT STOMP

- 25 - 28 Walk back on right, left, right, together on left (with weight on left)
& 29 & 30 Step back on right foot, quickly extending left heel forward, step left foot home, touch right foot next to left
31 & 32 Hold count, stomp quickly with right foot twice

4 SHUFFLES TO SIDE (BOX FORMATION)

- 33 & 34 Shuffle to side right-right, left, right
35 & 36 1/4 turn to left shoulder- shuffle to side left-left, right, left
37 & 38 1/4 turn inside to right shoulder- shuffle to side right right-left-right
39 & 40 1/4 turn to left shoulder- shuffle to side left- left, right, left

ROCK STEP, TOUCH, HOLD

- 41 - 42 Rock forward on right foot, step back on left
43 - 44 Touch right foot to left, hold count
45 - 46 Rock back on right foot, step forward on left
47 - 48 Touch right foot to left, hold count

"MASH" STEP, TWICE RIGHT HEEL TAPS RIGHT COASTER STEP BACK

- 49 & 50 & Step forward on right foot swivel both heels in, swivel both heels out, step back on right foot swivel both heels in, swivel both heels out
51 & 52 & Step back on left foot swivel both heels in, swivel both heels out, step forward on left, swivel both heels in, swivel both heels out, weight on left
53 - 54 Tap right heel forward twice
55 & 56 Step back on right foot, bring left back next to right, step forward on right

VINE LEFT, VINE RIGHT

- 57 - 60 Step to side on left foot, cross right behind left, step to side on left foot, bring right foot next to left
61 - 64 Step to side on right foot, cross left behind right, step to side on right, bring left foot next to right, shifting weight onto left

FOUR 1/4 BODY ROLLS TO LEFT

- 65 - 72 Step forward on ball of right foot, swivel hips/body around 1/4 turn to left, repeat 3 more times

REPEAT