

Heel bumps walk, walk rock & cross

- 1-2 Move right heel up move left heel up
- 3-4 Move right heel down move left heel down
- 5-6 Walk forward right, left
- 7&8 Rock right foot to right side recover on left cross right foot over left

Unwind ½ walk, walk pivot ¼ cross side behind

- 1-2 Unwind ½ turning left in 2 beats
- 3-4 Walk forward right, left
- 5-6 Step forward right turn ¼ turning left
- 7&8 Cross right foot over left step left foot to left side step right foot behind left

Rock cross shuffle back, back rock

- 1-2 Rock left foot back recover on right
- 3&4 Cross left foot over right step left foot to left side cross right foot over left
- 5-6 Step back on right step back on left
- 7-8 Rock right foot over left recover on left

Sweep touch step hip bumps

- 1-2 Sweep right foot behind left foot in 2 beats
 - 3 Touch left toe next to right
 - 4 Step forward on right
 - 5-6 Move hips right, left in 2 beats
 - 7-8 Move hips right, left in 2 beats
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