

STEP TOUCHES, SYNCOPATED ROCK STEPS

1 - 4 Step right to right, touch left beside right, step left to left, touch right beside left

/Option: swivel left heel to left as you step right, swivel right heel to right as you step left

5 - 6 Rock right to right, recover weight left, rock right to right (weight is right)

7 - 8 Rock left to left, recover weight right, rock left to left (weight is left)

/Option: swivel heel out as you rock to the side

BASIC STEP TOGETHER RIGHT, PADDLE TURNS LEFT

1 - 4 Step right to right, step left beside right, step right to right, step left beside right

/Option: swivel heel out as you step right to right (your body will naturally turn angle right as you step right)

5 - 8 Step right forward, pivot 1/4 turn left stepping weight onto left, repeat one time

/Option: circle hips to the left as you turn

SYNCOPATED RIGHT VINE, 1/4 PIVOT LEFT-HOLD, HIP BUMPS

1 - 2 & 3 - 4 Step right to right, step left behind right, step right to right, step left in front of right, step right to right

/Easy option: step right to right, step left behind right, step right to right, hold for one count

5 - 6 Pivot 1/4 turn left, hold for one count

7 - 8 Bump hips left - right

/Body roll option: two-count body roll

SHOULDER SHIMMY, TOE STRUTS FORWARD

1 - 4 Shimmy shoulders as you bend at the waist (1-2) and straighten up (3-4) sliding left beside right (weight is left)

/Option: make your shoulder movement more defined by counting down 1&2, up 3&4

5 - 8 Step right toe slightly forward, step down on right heel, step left toe slightly forward, step down on left heel

/Option: bounce as you step on toes

REPEAT