| 1-4 | Forward 4 steps (right, left, right, left) |
| :---: | :---: |
| \& | Running MAN: Bring right foot up to left knee |
| 5 | Bring right down, slide left back |
| \& | Bring left foot up to right knee |
| 6 | Bring left down, slide right back |
| \& | Bring right foot up to left knee |
| 7 | Step forward on right pivoting 1/4 to left |
| 8 | Slide left behind right |
| 9 | Hop cross left over right |
| 10 | Pivot 1/2 to right |
| 11 \& 12 | Hop 3 times pivoting 1/2 to left |
| 13-14 | Push step to right with right, back to center |
| 15-16 | Push step to left with left, back to center |
| 17-18 | Pivot 1/4 turn to left, push to right with right, back to center |
| 19-20 | Pivot 1/4 turn to right, push to left with left, back to center |
| 21 | Hop while pivoting to left 1/4 |
| 22 | Hop while pivoting to right 1/2 |
| 23 | Hop while pivoting to left 1/2 |
| 24 | Hop backwards with both feet |
| 25 | Step to side with left |
| 26 | Slide right to left |
| 27 | Step forward with left |
| 28 | Slide right to left while pivoting 1/4 to right |
| 29 | Hop forward with both feet |
| 30-32 | Pivot backwards on right a full turn using left to push 3 times |
| 33 \& | Kick right to side |
| 34 \& | Kick left to side |
| 35 \& | Toes out, in |
| 36 \& | Toes out, in, then pivot $1 / 4$ turn to left |
| 37 \& | Kick right to side |
| 38 \& | Kick left to side |
| 39 \& | Toes out, in |
| 40 \& | Toes out, in |
| 41-44 | Step with left 4 times to right turning 1/2 (pivot on right, weight left) |
| 45-48 | Step with right 4 times to left turning 1/2 (pivot on left, weight right) |
| 49 \& 50 | Jump with feet apart, jump together, jump with feet apart |
| \& | Jump 1/2 to right, land with feet together |
| 51 \& | Jump out, jump in |
| 52 \& | Jump out, jump 1/2 to left, land with feet together |
| 53 \& | Jump out, jump in |
| 54 \& | Jump out, jump 1/2 to right, land with feet together |
| 55 \& 56 | Jump out, jump in, jump out |
| 57-60 | Step with right 4 times to left turning 1/4 (pivot on left, weight right) |
| 61 \& | Kick left to front, step back left |
| 62 \& | Step back right, step left in place |
| 63 | Step forward with right |
| 64 | Slide left to right, turn 1/4 to left |
| 65 \& | Kick left to front, step back left |
| 66 \& | Step back right, step left in place |
| 67 | Step forward with right |
| 68 | Slide left to right, turn 1/4 to left |
| 69 \& | Kick left to front, step back left |
| 70 \& | Step back right, step left in place |
| 71 | Step forward with right |
| 72 | Slide left to right, turn 1/4 to left |
| 73 \& | Kick left to front, step back left |

74 \& Step back right, step left in place
75 Step forward with right
Slide left to right, turn 1/4 to left
77 \& Kick left to front, step back left
78 \& Step back right, step left in place
79 Step forward with right
80
Slide left behind right

82 \& $\quad$ Step behind with right, step to side with left
83 \& Kick out with right, step in place with right
84 \& Step behind with left, step to side with right
85 \& Kick out with left, step in place with left
86 \& Step behind with right, step to side with left
87 Step forward with right
88 Pivot $1 / 4$ to left, sliding left to right
\& Running MAN: Bring right foot up to left knee
$89 \quad$ Bring right down, slide left back
\& Bring left foot up to right knee
$90 \quad$ Bring left down, slide right back
\& Bring right foot up to left knee
91 Step forward on right
\& 92 Swivel heels to right, then back to center
\&
93
\&
94
\&
95
\& 96
97
98
99 \& 100
101-104
105 \&
106 \&
107 \& Toes in, out
108 Toes in
109 Right leg up to right with right arm up (elbow bent)
110 Step to right push right arm back
111-112 Step to right 2 times
113 Step back on right
114 Step back left
115 Step back right
116 Hold
117 Weight on left, pivot $1 / 2$ to left with right
118 Pivot $1 / 2$ back
$119 \quad$ Pivot $1 / 2$ to left
\& 120 Jump and cross right over left, jump apart
121 Pivot 1/2 to right
122 Pivot $1 / 2$ back
123 Pivot $1 / 2$ to right
\& 124 Jump and cross right over left, jump apart
125-126 Step big step forward with right for 2 beats
127-128 Step left to right for 2 beats
129-130 Step back with left for 2 beats
131-132 Step right to left for 2 beats
\& 133-136 Raise right foot to left knee, step to right with right, slide left to right
\& 137-140 Raise left foot to right knee, step to left with left, slide right to left

## /Original choreography of previous 8 beats:

\& Raise right foot to left knee
133
Step to right with right160 \& Step behind with right, step to side with left
161 \&
162 \& Step behind with left, step to side with right
Step behind with left, step to side with right
163 \&
Kick out with left, step in place with left164168 \& Step behind with left, step in place with right
169 \& Kick out with left, step in place with left
Kick out with left, step in place with left
170 \&
Step behind with right, step in place with left
171
Cross right over left172

Slide left to right
Toes out, in, out Raise left foot to right knee

## Step to left with left

## Slide right to left

Toes out, in, out Walk forward right, left, right, left Jump with feet apart, jump together Jump feet apart, jump together Jump feet apart, jump together Jump feet apart, jump together, turning $1 / 4$ to left Kick to side with left, cross left over right (weight on left) (kick, cross) Step back on right, forward touch with left heel, step on left (hitch, step) Kick to side with right, cross right over left (weight on right) (kick, cross) Kick to side with left, cross left over right (weight on left) (kick, cross) Step back on right, forward touch with left heel, step on left (hitch, step) Squat down Come back up Kick out with left, step in place with left Step behind with right, step to side with left
Kick out with right, step in place with right Step behind with right, step to side with left Step back on right, rock forward on left Rock back on right, rock forward on left Kick out with right, step in place with right

Pivot 1/2 to left Kick to side with right, cross right over left (weight on right) (kick, cross) Step back on left, forward touch with right heel, step on right (hitch, step) Step back on left, forward touch with right heel, step on right (hitch, step)

## REPEAT

