
SECTION A**JUMP OUT, JUMP IN, LEFT: TOE/HEEL/HOOK/HEEL/PLACE**

- 1 - 2 Jump both feet apart, jump both feet together (alternative steps:- touch left toe out to left side, touch in place)
3 - 5 Touch left toe in front, touch left heel in front, hook under right knee
6 - 7 Left heel out in front, back in place

JUMP OUT, JUMP IN, RIGHT: TOE/HEEL/HOOK/HEEL/PLACE

- 8 - 9 Jump both feet apart, jump both feet together (alternative steps:- touch right toe out to right side, touch in place)
10 - 12 Touch right toe in front, touch right heel in front, hook under left knee
13 - 14 Right heel out in front, back in place

SHUFFLE FORWARD, ROCK STEPS

- 15 & 16 Shuffle forward right, left, right
17 - 18 Rock forward on left (lifting right), rock back on right

SHUFFLE BACK, ROCK STEPS

- 19 & 20 Shuffle back left, right, left
21 - 22 Rock back on right (lifting left), rock forward on left

SHUFFLE FORWARD, STEP PIVOT, STEP PIVOT

- 23 & 24 Shuffle forward right, left, right
25 - 26 Step forward on left foot, pivot 1/2 turn right
27 - 28 Step forward on left foot, pivot 1/4 turn right

JUMP OUT, JUMP ACROSS, UNWIND 1/2 TURN, HIP THRUSTS

- 29 - 30 Jump both feet apart, jump to cross right over left
31 - 32 Unwind 1/2 turn right, place both hands on back of neck
33 - 34 Two hip thrusts forward

SECTION 'B'**HIP ROLLS RIGHT AND LEFT WITH ARM LASSO**

- 35 - 38 Roll hips right, left, right, center making a circular lasso action with right arm
39 - 42 Roll hips left, right, left, center making a circular action with right arm

SWIVEL IN PLACE LEFT, RIGHT, LEFT, CENTER

- 43 - 46 Swivel both heels left, right, left, center

/Option: Swivel both heels and hips as you twist down then up

HIP THRUSTS-TWICE

- 47 - 48 Place both hands on the back of your neck and thrust hips forward twice