

HEEL/TOE PIVOT SHUFFLE TURN

- 1 - 4 Touch right heel forward, touch right toe back, repeat
5 - 6 Step right foot forward, pivot 1/2 turn to the left
7 & 8 Shuffle 1/2 turn left as you step right-left-right

HEEL/TOE PIVOT SHUFFLE TURN

- 1 - 4 Touch left heel forward, touch left toe back, repeat
5 - 6 Step left foot forward, pivot 1/2 turn to the right
7 & 8 Shuffle 1/2 turn right as you step left-right-left

ROCK STEP/SAILOR

- 1 - 2 Step (rock) right to the side, transfer weight to left foot
3 & 4 Sailor shuffle (step right behind left, step left to the side, cross right over left)
5 - 6 Step (rock) left to the side, transfer weight to right foot
7 & 8 Sailor shuffle (step left behind right, step right to the side, cross left over right)

TOE TOUCHES TO THE SIDE

- 1 Touch right to the side
& 2 Step right foot to home position, touch left toe to the side
& 3 Step left foot to home position, touch right toe to the side
& 4 Touch right toe beside left foot, touch right toe to the side
& 5 Step right foot to home position, touch left toe to the side
& 6 Step left foot to home position, touch right toe to the side
& 7 Step right foot to home position, touch left toe to the side
& 8 Touch left toe beside right foot, touch left toe to the side

BOX STEP/OUT-OUT-IN-IN

- 1 - 4 Cross left over right, step right back slightly, step left to the side, stomp right beside left
& 5 Step right foot out, step left foot out (feet apart)
& 6 Step right foot in, step left foot in (feet together)
& 7 Step right foot out, step left foot out (feet apart)
& 8 Clap hands together twice

SWIVETS/HEEL STAND

- 1 & With weight on heel of right foot and ball of left foot twist heels to the left, return ball of both feet facing forward
2 & With weight on ball of right foot and heel of left foot twist heels to the right, return ball of both feet facing forward
3 & With weight on heel of right foot and ball of left foot twist heels to the left, return ball of both feet facing forward
4 & With weight on heel of right foot and ball of left foot twist heels to the left, return ball of both feet facing forward
5 & With weight on heel of left foot and ball of right foot twist heels to the right, return ball of both feet facing forward
6 & With weight on heel of right foot and ball of left foot twist heels to the left, return ball of both feet facing forward
7 & With weight on heel of left foot and ball of right foot twist heels to the right, return ball of both feet facing forward
8 & With weight on heel of left foot and ball of right foot twist heel to the right, return ball of both feet facing forward

VINE RIGHT/ROLLING VINE LEFT

- 1 - 4 Turn 1/4 to the left as you step right to the side, step left behind right, step right to the side, stomp left beside right
5 - 6 - 7 & 8 Turn 1/4 to the left as you step left to the side, turn 1/4 to the left as you step right, turn 1/2 to the left as you step left beside right, jump slightly to the side twice (small jump)

KANO HANDWORK

- 1 Step right foot to the side as you start the Kano. Raise both arms up with elbow bent and palms turned in
- 2 Lower right arm with elbow bent and palm turned in (left arm remains in position)
- 3 Raise right arm with elbow bent and palm turned in (left arm remains in position)
- 4 Bring hands together (like you're praying)
- 5 With heel of hand together twist right hand so fingers face the floor
- 6 Raise both arms up with elbows bent and palms turned in
- 7 Lower both arms with elbows bent and palms turned in
- 8 Raise right arm with elbow bent and palm turned in (left arm remains in position)

REPEAT

/When dancing this dance to "Get Ready 4 This" by 2 Unlimited, you will need to pause slightly after the 2nd pattern of the dance when the vocalist says "Get ready for this". Then begin dancing again.

ADVANCED DANCERS

/On counts 7&8 and 15&16 of the "HEEL/TOE PIVOT SHUFFLE TURN" segments, you may execute a 2 1/2 turn instead of a 1/2 turn. Just keep your feet together and spin instead of actually doing a shuffle turn. Works great if you have a smooth floor and suede or smooth leather soles on your boots.