

FOUR HIP-WALKS FORWARD LEFT-RIGHT-LEFT-RIGHT

- 1 & 2 Step forward on left foot at left angle and swing hips (left, right, left)
3 & 4 Step forward on right foot at right angle and swing hips (right, left, right)
5 - 8 Repeat at left angle and right angle

ROCK STEP FORWARD LEFT - ROCK BACK RIGHT & SHUFFLE BACKWARD LEFT RIGHT LEFT

- 1 - 2 Step forward on left foot-rock back on right
3 & 4 Shuffle backwards left, right, left

ROCK STEP BACKWARDS RIGHT-ROCK FORWARD ON LEFT & SHUFFLE IN PLACE RIGHT LEFT RIGHT

- 5 - 6 Step backwards on right foot-rock forward on left
7 & 8 Step home right, left, right

SIDE WALK TO RIGHT-HEEL TOUCHES-CHA, CHA, CHA

- 1 - 4 Make 1/4 turn right and cross walk left right left right (step left over right, step right over left etc.)
5 - 6 Touch left heel forward a left angle twice
7 & 8 Step left foot home while turning 1/4 turn to left (you will be facing beginning wall) step right, left

SIDE WALK TO LEFT - HEEL TOUCHES, CHA, CHA, CHA

- 1 - 4 Make 1/4 turn left as you step right foot to the left and crosswalk left-right-left
5 - 6 Touch right heel forward twice
7 & 8 Step right foot home while turning 1/4 turn to right (you will be facing beginning wall) step left, right

CROSS-UNWIND-HIP BUMPS

- 1 - 2 Cross left leg over right-unwind 1/2 turn to the right (you will be facing rear wall)
3 & 4 Bump hips right-center-left (these are fast bumps) - butt thing!!
5 - 6 Cross left leg over right-unwind 1/2 turn to the right (you will be facing beginning wall)
7 & 8 Bump hips right-center-left (these are fast bumps) - butt thing!!

LEG SWEEPS-WITH ATTITUDE & BODY BUMPS

- 1 - 4 Sweep left foot out in a counter clock wise circular motion-ending with left foot next to right-place weight to left foot
5 - 8 Sweep right foot out in a clock wise circular motion, ending with right foot next to left-weight on both feet

HOP BACK-CROSS UNWIND-HIP WIGGLES

- 1 - 2 Hop backwards twice
3 - 4 Cross left foot over right unwind 1/2 turn to right
5 - 6 Push hips left-right - while rolling shoulders back left then right
7 & 8 Push hips left, right, left - while rolling shoulders left, right, left

KICK-CROSS-1/4 TURN-WALK-WALK

- 1 - 2 Make 1/4 turn left as you kick your left foot out to the side-cross left over right knee (you will be facing a new wall)
3 - 4 Walk forward left-right

REPEAT