

Intro: 4 counts (very quick)

- & 1 & 2 Hitch R whilst swinging R foot to R, Touch R forward swivelling R heel In, Out, In  
3 4 Pivot 1/2 R on R whilst hitching L, repeat (back to front wall)  
5 6 Walk back L, R  
& 7 8 L to L side, R to R side, take R arm out to R side (palm face down whilst head turns R)
- 1 & 2 Kick L in place, cross L behind R, Hold  
& 3 4 Step R to R side, cross L over R, step R to R side  
5 & 6 Cross L behind R, R to R side, 1/4 turn onto L  
7 & 8 Swivel both heels L R L whilst making 1/2 turn R (weight ends on L)
- 1 & 2 Step back on R, press on ball of L, step R in place  
3 & 4 Repeat on L  
5 6 Kick R to R side, close R to L crossing arms in front of chest  
7 8 Step L to L side throwing arms out to side (palms down), bending into both knees pushing palms down
- & 1 & 2 & 3 & 4 Taking weight onto L bump hips R L R L R L R L (whilst bumping hips, slowly complete 1/4 turn R with R hitch)  
5 6 Big step forward on R, close L to R  
7 8 Circle knees anti-clockwise twice whilst making 1/4 L turn
- 1 2 3 4 Walk forward R, L, kick R forward, pivot 1/2 R pressing into ball of R  
5 & 6 Hold, close L behind R, step forward on R  
7 & 8 Scuff L forward, hitch L, step forward on L
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