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Intro: 16counts

Start with feet shoulder width apart

**SCUFF HITCH STOMP, SWIVEL, CLAP CLAP, BODY ROLL, DRAG, BALL CHANGE, HEEL**

- 1-2 Scuff left forward, (&) hitch-swinging foot to left, stomp left  
&3 Swivel left heel out, swivel heel back to center  
&4 Clap hands behind left calf, clap hands in front of left shin (you will be bending forward & left)  
5-6 Body roll to right placing weight on right, drag left towards right  
&7-8 Step back onto ball of left, step forward right, tap left heel forward

**LEFT FAN, LEFT SWIVEL 1/4 RIGHT, RIGHT SWIVEL 1/4 RIGHT, FWD ROCK, RECOVER 1/4 RIGHT, LEFT CROSS STEP, RIGHT OUT, LEFT OUT, HIP BUMPS LEFT, RIGHT, LEFT**

- 1&2 Fan left toe to left, swivelling on heel of left turn 1/4 right bringing left toe down, lift right toe & on heel of right swivel 1/4 right bringing right toe down  
3&4 Rock forward left, recover right turning 1/4 right, cross left over right  
5-6 Step right out to side, step left out to side (shoulder width apart)  
7&8 Bump hips left, right, left

**KNEE ROLLS, SIMULTANEOUS KNEE ROLLS (a.k.a The Butterfly or Tootsie Roll), BODY ROLL UP**

- 1-2 Roll right knee in, out  
3-4 Roll left knee in, out  
5-6 Roll both knees in, out  
7-8 Upward motion body roll (hips, abdomen, chest, shoulders, head)

**RIGHT SAILOR 1/4 TURN, LEFT SAILOR 1/2 TURN, PIVOT 1/2 RIGHT, STEP LEFT 1/4 RIGHT, RIGHT SAILOR**

- 1&2 Step right behind left, turning 1/4 right step left to side, step right to side  
3&4 Step left behind right, turning 1/4 left step right to side, turning 1/4 left step left forward  
5-6 Pivot 1/2 right, turning 1/4 right step left to side  
7&8 Step right behind left, step left to side, step right to side (keep feet apart)

**\*Slow Down !!!\***

On wall 10 the music will slow down, and then resume full speed. This will happen on second set of 8. The hip bumps will be slowed down, and then you will resume the dance where you left off.

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Music download available from iTunes