

STOMPS AND BODY ROLL

- 1 Stomp right foot forward
- 2 Hold
- 3 Stomp left foot forward
- 4 Hold
- 5 Stomp right foot forward
- 6 Stomp left foot forward
- 7 - 8 2-count body roll, starting at head and continuing to feet

HIP BUMPS

- 1 - 2 Bump hips to right twice
- 3 - 4 Bump hips to left twice

ANGLED STEP-SLIDES TO RIGHT, THEN LEFT

- 1 Step diagonally forward (45-degree angle) on right foot
- 2 Slide left foot to right foot and step next to right foot
- 3 Step diagonally forward (45-degree angle) on right foot
- 4 Slide left foot to right foot and touch next to right foot
- 5 Step diagonally forward (45-degree angle) on left foot
- 6 Slide right foot to left foot and step next to left foot
- 7 Step diagonally forward (45-degree angle) on left foot
- 8 Slide right foot to left foot and touch next to left foot

KICK-BALL-BACK TWICE, 3/4 TURN TO THE LEFT, CLAP

- 1 With weight on left foot, kick right foot out forward at 45 degree angle to right (begin "kick-ball-back")
- & Step right foot home (on ball of foot)
- 2 Touch left toe back at 45 degree angle to left and body turned slightly to right
- 3 With weight on right foot, kick left foot out forward at 45 degree angle to left (begin "kick-ball-back")
- & Step left foot home (on ball of foot)
- 4 Touch right toe back at 45 degree angle to right and body turned slightly to left
- 5 Kick right foot forward
- 6 Cross right foot over left foot and begin 3/4 turn to left
- 7 Finish turn (now facing new direction)
- 8 Clap (weight is on left foot)

SQUATS AND PUMPS SIDE TO SIDE, UP-SQUAT-UP, BODY ROLL

- 1 Step right foot to right and plant feet firmly (feet double shoulder width apart, knees bent to a 1/2 squat and hands on thighs)
- 2 Pump left shoulder up and left
- 3 Pump right shoulder up and right
- 4 Straighten legs (you should be standing straight up)
- 5 Squat back (down) to 1/2 squat
- 6 Straighten legs (stand up), pulling right foot in beside left foot
- 7 - 8 Do 2-count body roll, starting at head and continuing to feet

REPEAT