

1 Sugar Foot, Lindy Right

- 1 step right forward with heel pointing inward. Twist Feet outward while taking weight
2 step left forward with heel pointing inward. Twist feet outward while taking weight
3 step right forward with heel pointing inward. Twist feet outward while taking weight
4 step left forward with heel pointing inward. Twist feet outward while taking weight
5a6 step right to right, step left together, step right to right
7,8 rock back, recover

2 Lindy Left, Kick, Diagonal Kick, Point Switches

- 1a2 step left to left, step right together, step left to left
3,4 rock back, recover
5,6 kick right foot forward and diagonally right
a7a8 step right next to left, point left to left, step left next to right, point right to right

Restart during 4th round start again from here

3 Shuffle Forward, 3/4 Spiral (cw), Side into Knee Flaps w. Bounces

- 1a2 shuffle forward right, left right
3,4 cross left in front of right and do a 3/4 turn clockwise on ball of left. Right tip stays in place

Restart Restart from here during 10th wall

- 5 touch right to right
a6 lift up onto balls and open knees, drop heels and flap knees inward while you shift weight towards right foot
a7 lift up onto balls and open knees, drop heels and flap knees inward while you shift weight towards right foot
a8 lift up onto balls and open knees, drop heels and flap knees inward while you shift weight onto right foot

4 Kick-Ball-Cross, Kick-Ball-Cross, Side into Knee Flaps w. Bounces

- 1a2 kick left diagonally forward left, step on ball of left next to right, cross right in front of left
3a4 kick left diagonally forward left, step on ball of left next to right, cross right in front of left
5 touch left to left
a6 lift up onto balls and open knees, drop heels and flap knees inward while you shift weight towards left foot
a7 lift up onto balls and open knees, drop heels and flap knees inward while you shift weight towards left foot
a8 lift up onto balls and open knees, drop heels and flap knees inward while you shift weight onto left foot