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**/The following twist movements are done with weight on balls of both feet**

- 1 Stomp left foot slightly forward and in front of right (knees bent)
- 2 Twist left heel right and right heel left
- 3 Twist left heel left and right heel right
- 4 Stomp right foot slightly forward and in front of left (knees bent)
- 5 Twist left heel right and right heel left
- 6 Twist left heel left and right heel right
- 7 Twist left heel right and left heel left
- 8 Stomp left foot slightly forward in front of right
- 9 - 10 Kick right foot forward and to right side
- 11 & 12 Right back shuffle right-left-right
- 13 - 14 Kick left foot forward and to left side
- 15 & 16 Left back shuffle left-right-left
- 17 - 18 Step forward on right foot and pivot on fall of feet 1/2 turn left
- 19 - 20 Stomp right foot next to left twice
- 21 & Step forward on left foot, scoot back on left and lift right knee up
- 22 & Step forward on right foot, scoot back on right and lift left knee up
- 23 & Step forward on left foot, scoot back on left and lift right knee up
- 24 & Step forward on right foot, scoot back on right and lift left knee up
- 25 & Step forward on left foot, scoot back on left and lift right knee up
- 26 & Step forward on right foot, scoot back on right and lift left knee up
- 27 & Step forward on left foot, scoot back on left and lift right knee up
- 28 Step forward on right
- 29 & 30 Forward left shuffle left-right-left
- 31 & 32 Forward right shuffle right-left-right

**REPEAT**