

**8 count intro****1 Step, hitch-jump, point cross with hold.**

1 At 45 degree angle right step right to right side.

2 &amp; 3 Touch left next to right. (2) Jump off from the right foot as you hitch your left knee next to it. (&amp;) As you land on your right bend the knee and extend your left leg out behind. (3)

4 &amp; 5 Hands in fists (imagine wall in front of them) hit for three counts moving upwards slightly starting with the right above left.

6 &amp; 7 Step left forward straightening up to front wall (12.00). Point right to right side and step across left. Feet will end crossed, bend knees slightly to bring body height down left arm bent at elbow parallel to chest with left hand in fist just below the chin.

8 Hold.

**2 Jump with cross, heel bounce 1/2 turn, right point kick cross, step, sailor 1/4 right.**

&amp; 1 Jump feet apart and back across with left in front.

2 &amp; 3 Hold. Turn half turn right bouncing heels twice.

4 &amp; 5 Point right to right side. Kick right forward. Cross right in front of left.

6 Step left to left side.

7 &amp; 8 Step right behind left. Turn 1/4 turn right stepping left to left side. Step right to right side.

**3 Kick ball step, Sweep 1/4 right, slide back with heel raise, left kick ball cross.**

1 &amp; 2 Kick left forward. Step back on left foot. Step right forward.

&amp; 3 - 4 Bring weight onto left. Sweep right foot around from front as you turn 1/4 turn right.

5 - 6 Step right forward. Glide right foot back as you raise left heel.

7 &amp; 8 Kick left forward. Step left back slightly at 45 degree angle left. Cross right in front.

**4 Unwind 1/2 left, step feet apart with heel bounce, back back kick, cross side cross, step 1/4 left.**

1 Unwind half turn left.

2 &amp; 3 Step feet apart right left. (2&amp;) Bounce heels once. (3)

4 &amp; 5 Step back and apart right left. (4&amp;) Kick right forward. (5)

6 &amp; 7 Cross right in front of left. Step left to left side. Step right across left.

8 Turn 1/4 turn left stepping left foot forward.