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- HOP/PUNCH (ARMS UP, DOWN, UP)**
- 1 Hop forward on both feet, shoulder width apart and knees slightly bent
- Arms: make fists. Punch right hand forward at 11:00**
- 2 Hop forward on both feet, shoulder width apart and knees slightly bent
- Arms: punch left hand forward at 1:00, crossing arms at the wrists**
- 3 Moving to the left, point toes and knees out
- Arms: out to side, bent at elbows (like bench pressing)**
- & Moving to the left, point toes and knees in
- Arms: out to side, bent at elbows, swing lower part of arms downward**
- 4 Moving to the left, point toes and knees out
- Arms: out to side, bend at elbows, swing lower part up (like bench pressing)**
- 5 Touch right toe to the right, pointing right knee into left knee
- Arms: keeping elbows bent, drop lower part of right arm down, keeping left arm up**
- 6 Put weight on right foot, twist right leg straight, touch left toe to right foot
- Arms: swing left lower arm down and right lower arm up, keeping elbows bent**
- & Put weight on left foot
- 7 Touch right toe to right side pointing right knee into left knee
- Arms: swing right lower arm down and left lower arm up, keeping elbows bent**
- 8 Put weight on right foot, twist right leg straight, step left foot to right foot
- Arms: keeping elbows bent, drop lower part of left arm down, swing right lower arm up**
- 9 - 16 Repeat counts 1-8
- HOPS: FORWARD, BACK, SIDE, SIDE**
- 17 With feet together, hop forward
- 18 Hop back
- 19 Hop to the right side
- & Hop to the right side
- 20 Hop to the right side
- 21 With feet together, hop forward
- 22 Hop back
- 23 Hop to the left side
- & Hop to the left side
- 24 Hop to the left side
- SYNCPATED KICK-BALL-CHANGES, TRAVELING FORWARD SLIGHTLY**
- 25 Kick right foot forward
- & Step on right foot home
- 26 Step left foot to the left side
- & Step on right foot home
- 27 Kick left foot forward
- & Step on left foot home
- 28 Step right foot to the right side
- & Step on left foot home
- 29 - 32 & Repeat counts 25-28&
- KICK, POINT, TURN, KICK**
- 33 Kick right foot forward
- 34 Point right toe back
- 35 Turn 1/2 turn to the right
- 36 Kick right toe forward

HITCH, STEP, COASTER STEP

- 37 Hitch right knee up, sliding slightly backwards on left
38 Step back on right foot
39 Step back on left foot
& Step together on right foot
40 Step forward on left foot

ROMPS-MOVING BACKWARD SLIGHTLY-STEP, HEEL, STEP, TOUCH

- & Step back on right foot
41 Touch left heel forward
& Step back on left foot next to right foot
42 Touch right toe to the left foot
& Step back on right foot
43 Touch left heel forward
& 44 - 48 Repeat counts &41-43

POINT/STEP FOUR TIMES

- 49 - 50 Point right toe to right side, step right foot in front of left foot
51 - 52 Point left toe to left side, step left foot in front of right foot
53 - 56 Repeat counts 49-52

KICK CHANGE WEIGHT

- 57 Kick right foot forward
& Step right foot home, take weight off left foot
58 Step on left foot home

BUMP/HOP, HOP

- 59 Bump hips forward
& Hop (with feet together) back
60 Hop (with feet together) back
61 - 64 Repeat counts 57-60

REPEAT