

Intro: 16 count of heavy beat

Steps:1 - 8 Walk forward, Kick-Out-Out, Knee Pop's.

- 1,2 Step forward on right (1), Step forward on left (2).
- 3&4 Kick right forward (3), Step right slightly right (&), Step left slightly left (4).
- 5,6 Pop right knee in towards left knee (5), Hold (6).
- 7&8 Pop right knee out, in, out (7&8).

Note: For styling; Lean upper body right upon right foot while you are doing the Knee-Pop's.

9 - 16 1/4 turn, 1/4 turn, Sailor Step, Cross Rock, Side, Cross Rock, Side.

- 1,2 Turn 1/4 turn left and Step forward on left (1), Pivot 1/4 turn left Stepping right to right side (2).
- 3&4 Step left behind right (3), Step right slightly right (&), Step left slightly left (4).
- 5&6 Step right across of left (5), Recover weight onto left (&), Step right to right side (6).
- 7&8 Step left across of right (7), Recover weight onto right (&), Step left to left side (8).

17 - 24 Step, Lock & Pop, Step, Lock & Pop, Hitch & Step back, Lunge, Recover.

- 1 Step forward on right (1).
- 2 Pop right knee forward lifting right heel and Step left foot under right heel (2).
- 3 Step forward on right (3).
- 4 Pop right knee forward lifting right heel and Step left foot under right heel (4).
- 5&6 Tap right toe beside left foot (5), Hitch right knee (&), Step back on right foot (6).
- 7,8 Lunge forward onto left foot (7), Recover weight onto right (8).

25 - 32 Hip Hop Jumps, Tap, Tap, Step, Kick-Cross-Back, Coaster Step.

- 1 Pivot 1/4 turn left Stepping left to left side (1).
 - & Rock (recover) back onto right (&).
 - 2 Pivot 1/2 turn right Stepping left to left side (2).
 - Note: Do this the Hip Hop way by jumping on right while turning.
 - 3& Tap right toe next to left (3), Tap right toe slightly to right side (&).
 - 4 Step right further out to right side (take weight) (4).
 - 5&6 Kick left across of right (5), Step left across of right (&), Step back on right foot (6).
 - 7&8 Step back on left (7), Step right next to left (&), Step forward on left (8).
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