

**ROCK FORWARD & BACK; STEP-SLIDE; WIGGLE:**

- 1 - 4 Rock forward on right, rock back on left; rock back on right; rock forward on left  
5 - 6 Step right to right side (large step); slide left beside right  
& 7 & 8 Wiggle hips right-left-right-left  
1 - 4 Rock forward on left; rock back on right; rock back on left; rock forward on right  
5 - 6 Step left to left side (large step); slide right beside left  
& 7 & 8 Wiggle hips right-left-right-left

**SHUFFLE FORWARD RIGHT; STEP-PIVOT 1/2 RIGHT; SHUFFLE FORWARD LEFT; STEP-PIVOT 1/2 LEFT:**

- 1 & 2 Shuffle forward right-left-right  
3 - 4 Step forward on left; pivot 1/2 right (weight. On right)  
5 & 6 Shuffle forward left-right-left  
7 - 8 Step forward on right; pivot 1/2 left (weight. On left)

**RIGHT HEEL GRINDS MOVING LEFT; RIGHT COASTER STEP:**

- 1 - 2 Cross right heel over left foot (1); turn toes to right as you step to left on left foot (2)  
3 - 6 Repeat counts 1-2 twice more  
7 & 8 Right coaster step

**SHUFFLE FORWARD LEFT; STEP-PIVOT 1/2 LEFT; SHUFFLE FORWARD RIGHT; STEP-PIVOT 1/2 RIGHT**

- 1 & 2 Shuffle forward left-right-left  
3 - 4 Step forward on right; pivot 1/2 left (weight. On left)  
5 & 6 Shuffle forward right-left-right  
7 - 8 Step forward on left; pivot 1/2 right (weight. On right)

**LEFT HEEL GRINDS MOVING RIGHT; LEFT COASTER STEP:**

- 1 - 2 Cross left heel over right foot (1); turn toes to left as you step to right on right foot (2)  
3 - 6 Repeat counts 1-2 twice more  
7 & 8 Left coaster step

**HIP BUMPS ("BOOGIE WALKS") FORWARD:**

- 1 & 2 Stepping diagonally forward on right, bump hips diagonally forward: right-left-right  
3 & 4 Stepping diagonally forward on left, bump hips diagonally forward: left-right-left  
5 & 6 - 7 & 8 Repeat counts 1&2; repeat counts 3&4

**ROCK-RECOVER; RIGHT TURNING SHUFFLE; ROCK-RECOVER; LEFT COASTER STEP:**

- 1 - 2 Rock forward on right; recover back on left  
3 & 4 As you turn 1/2 right, shuffle in place  
5 - 6 Rock forward on left; recover back on right  
7 & 8 Left coaster step

**REPEAT**

**/There is a break in the music, just do hip wiggles or whatever you think is fun!**

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