

JUMP & JUMP & JUMP & OUT, HEELS, TOES, HEELS, TOES, HEELS

- 1 & With weight on both feet, small jump forward to the right on 45 angle, jump back to center
2 & Small jump forward to the left on 45 angle, jump back to center
3 & Small jump forward to right on 45 angle, jump back to center
4 Jump both feet apart
5 Swivel both heels in
6 Swivel both toes in
7 Swivel both heels in
& Swivel both toes in
8 Swivel both heels in, weight on left foot

/The key to doing these steps comfortably is to take very small swivels

TOUCH, SWEEP, THRUSTS

- 1 - 2 Touch right foot forward, sweep right foot around for 1/2 to right, leaving weight on left foot, right leg slightly bent
3 & 4 Pump hips forward twice

RIGHT SHUFFLE FORWARD, STEP, PIVOT, LEFT SHUFFLE FORWARD, STOMP, STOMP

- 1 & 2 Step forward right, bring left together, step forward right
3 - 4 Step forward on left, pivot 1/2 turn to right
5 & 6 Step forward left, bring right together, step forward left
7 - 8 Stomp right foot forward, stomp left foot together

ARM & KNEE ROLLS

- 1 - 2 Roll right knee and arm inside to out (palm will end up facing up)
3 - 4 Roll left knee and arm inside to out (palm will end up facing up)
5 - 6 Bend both knees in, bend both knees out, mirror this motion with arms with palms facing down then ending facing up
7 & 8 Bend both knees in, bend both knees out, straighten both legs, (arm movements - mirror knees in, bring both arms up and around back of head as if putting on a hood from a coat)

STOMP, SYCOPATED STOMPS WITH 1/2 TURN

- 1 Stomp right foot forward
2 With weight on balls of both feet, pop heels 1/8 turn to left
3 & 4 With weight on balls of both feet, pop heels up and down for 3 more 1/8 turns to complete 1/2 turn

REPEAT