

- 1 Hip bumps**
1 - 8 Bump hips right 4 times.
- 2 Point, kick and kick point, walks balk with hitch.**
1 - 2 Point right toe to right side (body at 45 degree angle left). Kick right foot forward.
& 3 - 4 Bring right back to place. Kick left forward. Point left toe to left side (body at 45 degree angle right).
5 - 6 Walk back left right.
& 7 - 8 Step left back. Step right next to left. Hitch left knee up (hold both fists up like boxers do).
- 3 Head moves, left shuffle, step pivot, right shuffle.**
1 - 2 Holding position, still looking forward move head left right.
3 & 4 Step left forward. Bring right up to left. step left forward.
5 - 6 Step right forward. Pivot 1/2 turn left.
7 & 8 Step right forward. Bring left up to right. Step right forward.
- 4 Step out, body turn with hold, travelling body roll, step left and right.**
1 - 2 Step left foot out to side. step right out to side.
3 - 4 Turn body 45 degree angle left. Hold.
5 - 6 Start to body roll down from head.
7 - 8 As you finish body roll step back left then right (keep body at angled position but head faces forward).
- 5 Turn cross, side behind, side infront, step, 1/4 turn.**
1 - 2 Turn 1/8 left stepping left stepping left. Cross right infront.
3 - 4 Step left to left side. Step right behind left.
5 - 6 Step left to left side. Cross right infront.
7 - 8 Step left to left side. Turn 1/4 turn right stepping right forward.
- 6 Step with chest pumps, step outs, knee twist, shoulder pop.**
1 - 2 Step left foot forward. Hold left hand over heart and pump chest.
3 - 4 Keeping hand over heart pump chest again.
5 - 6 Step left out to left side. Step right out to right side.
7 - 8 Turn right knee in on ball lifting right heel. Pop right shoulder up.
- 7 Step touch, unwind, point, chest pump.**
1 - 2 Step right forward. Touch left behind.
3 - 4 Unwind full turn over left left shoulder.
5 - 6 Point right toe to right side.
7 - 8 Holding position pump chest once (think michael jackson).
- 8 Right shuffle, step, behind and infront, step press step.**
1 & 2 Step right forward. Bring left up to right. Step right forward.
3 Step left to left side.
4 & 5 Step right behind left. Step left to left side. Cross right infront.
6 - 8 Step left to left side. Press right to right side (lean slightly as you do this). Step right next to place.
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