

CROSS, TOUCHES & UNWIND

- 1 - 2 Right cross behind left, left touch to left side
3 - 4 Left cross behind right, right touch to right side
5 - 6 Right cross behind left, unwind 1/2 turn to right
7 - 8 Left cross behind right, right touch to right side

CROSS TOUCHES & UNWIND, MODIFIED HEELJACKS X 2

- 1 - 2 Right cross behind left, left touch to left side
3 - 4 Left cross behind right, unwind 1/2 turn left
& 5 & 6 Left foot back and right heel forward, right heel back and left together
& 7 & 8 Right foot back and left heel forward, left heel back and right together

MASHED POTATO STEPS, STAMPS & APPLEJACKS

- 1 - 4 Mashed potato steps - waling back, right, left, right, left, turning heels in and toes out as you step back. Can be done as a straight step back
5 - 6 Stamp right, stamp left
7 - 8 Applejacks - weight on left toe and right heel, swing heels together, toes apart then back together, weight on right toe and left heel, swing heels together toes apart then back together

CROSS UNWIND, STAMPS, APPLEJACKS, CROSS UNWIND

- 1 - 2 Cross right over left unwind 1/2 turn to left
3 - 4 Stamp right, stamp left
5 - 6 Applejacks - weight on left toe and right heel, swing heels together toes apart then back together, weight on right toe and left heel, swing heels together toes apart then back together
7 - 8 Cross right over left, 1/2 turn to left

JUMP BACK, KNEE ROLLS, HIP CIRCLE

- & 1 - 2 Jump back right, left and hold for one count
3 - 4 Roll left knee from centre towards left and back to centre
5 - 6 Roll right knee from centre towards right and back to centre
7 - 8 Roll hips in circle anti-clockwise

HIP CIRCLE & WALK WITH HIP BUMPS

- 1 - 2 Roll hips in circle anti-clockwise
3 & 4 Step right forward with two hip bumps to the right
5 & 6 Step left forward with two hip bumps to the left
7 & 8 Step right forward with two hip bumps to the right

WALK WITH HIP BUMPS, BACK RIGHT SHUFFLE, ROCK STEP, FORWARD LEFT SHUFFLE

- 1 & 2 Step left forward with two hip bumps to the left
3 & 4 Step back right bring left together, step back right
5 - 6 Step back left taking weight onto left foot, recover weight forward onto right foot
7 & 8 Step forward left, bring right together, step forward left

HITCH & BACK, HITCH & BACK WITH 1/4 TURN, SWEEP 1/2 TURN, SAILOR STEP

- 1 & 2 Hitch right, replace right and touch left back
3 & 4 Left hitch with 1/4 turn to left, replace left and touch right back
5 - 6 On ball of left foot, sweep right foot round 1/2 turn left ending with weight on right foot
7 & 8 Cross left behind right, step right foot to right side, step left together (slightly forward)