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said "**Poh-duh-bee**", as in 'what're we podabe doin'?

Intro: **32 counts in** at start of main vocals.

*Note: This dance is all about what you put into it. Play with the music and give it your own flava.*

**1-8 Hitch/Punch & Knees, Rock-Recover-Cross, Turn, Triple Forward**

- 1& Bend L knee slightly and hitch (lift) R knee while punching R fist straight down and bending L arm so elbow is at your side and L fist is at L shoulder. Step R foot next to left and drop arms.
- 2& Keeping feet together bend both knees aiming L knee to left and R knee to right while arms are down at sides with hands horizontal to floor. Straighten up and drop hands taking weight on R.
- 3&4 Rock (small step) side L. Recover weight on R. Step L across R.
- 5&6 Triple step 3/4 left turn to face 3:00: (Turn 1/4 left to face 9:00 stepping back R. Turn 1/4 left to face 6:00 stepping side L. Turn 1/4 left to face 3:00 stepping forward R.)
- 7&8 Step forward L, R, L (note—this is not a shuffle step, but 3 distinct steps).

**9-16 Back, Hitch, Side-Behind-Side, Turn, Hitch, triple walk back**

- 1-2 Step back R. Turn 1/4 left to face 12:00 hitching (lift) L so knee is angled slightly to left
- 3&4 Step side L. Step R crossing behind L. Step side L.
- 5-6 Turn 1/4 left to face 9:00 stepping forward R. On ball of R foot turn 1/2 left to face 3:00 and hitch (lift) L knee. While bringing hands up to chest level, elbows close to body, close fist, palms in, thumbs out, pinkies bent but slightly raised.
- 7&8 Keep elbows close to body—step back, L, R, L as you shrug shoulders

**17-24 Step, Touch, Step, Touch, 1/4 Turn/Step, Touch, Step, Touch**

- 1-2 Step back R while making a 1/4 turn to the right, slide left foot onto right while shrugging shoulders up, down, up, down, on counts &1&2
- 3&4 Step forward L, R, L.
- 5-8 Step back R and "pop" upper body by moving in freestyle fashion (play with it!) but freeze position at each 1/2 count (5& 6& 7& 8) as you slowly turn 1/2 left to face 12:00 while sliding L foot to end with weight forward on L.

**25-32 Step, spiral with hitch, triple, step, press/recover, 1/4 turn, step**

- 1-2 Step forward R. Spiral full turn left on left (slightly hitching the left foot) to face 12:00 keeping weight on R.
- 3&4 Step forward L, R, L (note—this is not a shuffle step, but 3 distinct steps)
- 5-6 Step forward on R foot. Press forward on ball of L.
- 7-8 Slide R foot slightly back and take weight while starting a 1/4 turn to the right, finish 1/4 turn stepping forward on left

**There is one restart in the dance. On the 10<sup>th</sup> wall do the first 16 counts of the dance and restart. Have fun!!!!!!!!!!**