

RUNNING MAN & 3-STEP SHUFFLES (MOVING FORWARD)

- 1 & Step forward on left, slide back on left hitching right knee
2 & Step forward on right, slide back on right hitching left knee
3 & 4 One 3-step shuffle forward: (left-right-left)
5 & Step forward on right, slide back on right hitching left knee
6 & Step forward on left, slide back on left hitching right knee
7 & 8 One 3-step shuffle forward: (right-left-right)

3-STEP SHUFFLES MOVING BACKWARDS

- 9 & 10 One 3-step shuffle backwards (cross left behind right on first step of shuffle) weight on left
11 & 12 One 3-step shuffle backwards (cross right behind left on first step of shuffle) weight on right

SYNCOPATED STEPS & CLAPS

- & 13 Step out left, step out right (feet are slightly apart) weight on right
& 14 Step in with left, step right over left (legs are crossed) weight on right
& 15 Step out left, step out right (feet are slightly apart) weight on right
& 16 Clap, clap
17 - 32 Repeat steps 1-16 (shift weight to left foot on count 32)

RIGHT KICK-BALL-CHANGE; BALL-CHANGE; BALL-TOUCH**/Moving to the right on the ball-change steps-like the electric slide**

- 33 & 34 Kick right forward, step down on ball of right foot, step left beside right
& 35 Step side right on ball of right foot, step ball of left foot beside right
& 36 Step side right on ball of right foot, touch left beside right weight on right

SLIDE-TOGETHER-SLIDE-KICK (SYNCOPATED)

- & 37 Step side left on ball of left foot, step ball of right together with left
& 38 Step side left on ball of left foot, kick right foot forward
& 39 Step side right on ball of right foot, step ball of left together with right
& 40 Step side right on ball of right, touch left beside right weight on right

LEFT KICK-BALL-CHANGE; BALL-CHANGE; BALL-TOUCH**/Moving to the left on the ball-change steps-like the electric slide**

- 41 & 42 Kick the left forward, step down on ball of left foot, step right beside left
& 43 Step side left on ball of left foot, step ball of right foot beside left
& 44 Step side left on ball of left foot, touch right beside left weight on left

SIDE-TOGETHER-SIDE-KICK (SYNCOPATED)

- & 45 Step side right on ball of right foot, step ball of left together with right
& 46 Step side right on ball of right, kick left foot forward
& 47 Step side left on ball of left foot, step ball of right together with left
& 48 Step side left on ball of left foot, touch right beside left

HALF-VINES, SHUFFLES & 1/4 TURNS

- 49 - 50 Step side right, step left behind right
51 & 52 One 3-step shuffle on-the-spot (right-left-right)
53 - 54 Step side left, step right behind left
55 & 56 One 3-step shuffle on the spot (left-right-left)
57 - 58 Step forward right, 1/4 turn left weight on left
59 - 60 Step forward right, 1/4 turn left weight on left

WALK FORWARD; SHUFFLE IN PLACE

- 61 - 62 Walk forward right, forward left
63 - 64 One 3-step shuffle on-the-spot (right-left-right)

/For the song "day off" only, repeat steps 1-64 two more times (to complete steps 1-64 three times).

/* Clap twice (2 beats-1 beat for each clap) before starting from step 1 the fourth time keep repeating steps 1-64 until end of the song**

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