

HIP BUMPS, JUMP, CROSS, HEEL SPLIT

- 1 & 2 Step right foot forward with two right hip bumps
3 & 4 Step left foot forward with two left hip bumps
5 Jump with both feet apart at shoulder width
6 Cross right foot over left
7 Unwind 1/2 turn to the left (now facing back wall)
& 8 Split heels outward then return to center

SYNCOPATED VINE LEFT, SLIDE, SYNCOPATED VINE RIGHT, SLIDE

- 1 Right steps to right
2 Left foot steps behind
& Right steps to right
3 Step left foot to left
4 Slide or drag right foot beside left
5 Step left foot to left
6 Right steps behind
& Step left foot to left
7 Right steps to right
8 Slide or drag left foot beside right (taking weight on left)

RUNNING MAN

- 1 & Step right foot forward; scoot right foot back and lift left foot up and beside right calf at the same time
2 & Step left foot forward; scoot left foot back and lift right foot up and beside left calf at the same time
3 & Step right foot forward; scoot right foot back and lift left foot up and beside right calf at the same time
4 & Step left foot forward; scoot left foot back and lift right foot up and beside left calf at the same time
5 - 6 Step right heel forward, touch right toe back
7 - 8 Pivot 1/2 turn to the right, step left foot next to right (facing front wall)

SCISSOR STEP LEFT, SCISSOR STEP RIGHT, STEP, PIVOT 1/2 TURN LEFT, STEP RIGHT, STEP LEFT

- 1 & 2 Step right foot behind left, step left foot back, extend right heel forward on a 45 degree angle (weight is on left foot)
& 3 Step right foot to center, step left foot behind right
& 4 Step right foot back. Extend left heel forward on a 45 degree angle (weight is on right foot)
& 5 - 6 Step left foot back to center, step right foot forward, pivot 1/2 turn to the left (facing new wall)
7 - 8 Step forward right, step together left

REPEAT