

**KNEE ROLLS (POPS)**

1 - 4 **/Start with weight on left, with right knee bent and right heel off floor**  
Roll right knee in, roll out, roll in, roll out putting weight on right foot

**/Snap right hand on 2 & 4**

5 - 8 **/With left knee bent and left heel off floor**  
Roll left knee in, roll out, roll in, roll out putting weight on left foot

**/Snap left hand on 6 & 8**

**TOE STRUTS, "BOOGIE" WALK FORWARD(WITH OPTIONAL HAND MOTIONS)**

1 - 2 Step forward on right toe, drop right heel  
3 - 4 Step forward on left toe, drop left heel  
5 Step right foot forward crossing left, slightly twisting to left  
6 Step left foot forward crossing right, slightly twisting to right  
7 Step right foot forward crossing left, slightly twisting to left  
8 Step left foot forward crossing right, slightly twisting to right

**/Optional Hand Motions: While traveling forward on "boogie" walk hold both hands (fingers spread) at shoulder level and shake**

**ROMP, "BOOGIE" WALK BACKWARD**

& 1 Step back on right, tap left heel forward  
& 2 Step left foot in place, tap right toe at instep  
& 3 Step back on right, tap left heel forward  
& 4 Step left foot in place, tap right toe at instep  
5 Step right foot back crossing behind left  
6 Step left foot back crossing behind right  
7 Step right foot back crossing behind left  
8 Step left foot back crossing behind right

**/Option for beats 5-8: if the music is extremely "fast" take a big step back on right (5), drag the left back beside right (6,7), stomp left (8) (left foot takes the weight)**

**HALF MONTEREY TO RIGHT; QUARTER MONTEREY TO RIGHT**

1 - 2 Touch right toe to side, turn 1/2 turn right on ball of left foot bringing right beside left  
3 - 4 Touch left toe to side, step left beside right  
5 - 6 Touch right toe to side, turn 1/4 turn right on ball of left foot bringing right beside left  
7 - 8 Touch left toe to side, step left beside right

**REPEAT**

**/Dance the dance with attitude and your own styling! Have fun with it!**

**/ -- Joanne Brady**