

**RIGHT SHUFFLE ROCK/ LEFT SHUFFLE ROCK**

- 1 & 2 Step right forward, close left beside right, step right forward  
3 - 4 Rock forward on left, rock back on right  
5 & 6 Step left forward, close right beside left, step left forward  
7 - 8 Rock forward on right, rock back on left

**STEP HIP BUMPS/ HIP SWAYS**

- 9 & 10 Step right forward & bump hips right, left, right  
11 & 12 Step left forward & bump hips left, right, left  
13 - 14 Sway hips right & left  
15 - 16 Sway hips again or rotate hips full circle to the left

**ROCK & COASTER STEPS/ TWICE**

- 17 - 18 Rock forward on right, rock back on to left  
19 & 20 Step back right, step left next to right, step right forward  
21 - 22 Rock forward on left, rock back on to right  
23 & 24 Step back on left, step right next to left, step left forward

**STEP-STEP/ OUT-OUT/ IN-IN/ TWICE**

- 25 - 26 Step forward right, left  
& 27 Step right to side, step left to side (legs wide)  
& 28 Step right in, step left in (legs together)  
29 - 32 Repeat steps 25-28

**RIGHT HEEL GRIND 1/4 TURN RIGHT/ COASTER STEP**

- 33 - 34 Rock forward on right heel & 1/4 turn right on heel, step back left  
35 & 36 Step back right, step left next to right, step right forward

**STEP/ STOMP/ KICK TWICE/ VINE RIGHT**

- 37 - 40 Step forward left, stomp right, kick right forward twice  
41 - 42 Step right to side, cross left behind right  
43 - 44 Step right to side, touch left beside right

**SYNCOPATED WEAVE LEFT/ 1/4 TURN LEFT TWICE**

- & 45 Step left to side slightly back, cross right over left  
& 46 Step left to side slightly forward, cross right behind left  
& 47 Repeat steps &45  
& 48 & Repeat steps &46, step left to side  
49 - 50 Step right forward 1/4 turn left on ball of right, rock on left  
51 - 52 Repeat steps 49-50

**ROCK/ 1/2 TURN/ FULL TURN/ ROCK**

- 53 - 54 Rock right forward, rock back on left 1/2 turn right on ball of left  
55 & Step right forward 1/4 turn right, step back left 1/2 right on ball of left,  
56 Step right forward 1/4 turn right  
57 - 58 Rock left forward, rock back right

**/Alternative for steps 55 & 56 is a forward shuffle right-left-right**

**COASTER STEP/ HEEL SWITCHES OR TOE TOUCHES WITH ARMS**

- 59 & 60 Step back left, step right beside left, step left forward  
61 & Touch right heel or toe forward, step right back  
62 & Touch left heel or toe forward, step left back  
63 & Touch right heel or toe forward, step right back  
64 & Touch left heel or toe forward, step left back

**/Steps 61-64 are done with left hand on hip and right hand held high**

**REPEAT**