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- 1 & 2 Shuffle forward right-left-right
& 3 Step left beside right & step right to right side (big step)
& 4 Slide left together, change weight onto left
5 & 6 Shuffle forward right-left-right
& 7 Step left beside right & step right to right side (big step)
8 Slide left together. While turning 1/4 turn left
1 & 2 Shuffle forward left-right-left
3 & 4 & Shuffle sideways to right (right-left-right), turn 1/2 turn left
5 - 6 Step left to side pushing hips to left, push hips right
7 - 8 Push hips to left twice
1 - 4 Step forward right, left, right, kick left forward 45 degrees

/Can add full left turn for added challenge

- 5 - 6 Turn 1/4 turn left & step left to left pushing hips left, push hips right
7 - 8 Push hips to left twice
1 & 2 Step right behind left, step left across front of right, step right to side
3 & 4 Step left behind right, step right across front of left, turn 1/2 turn left
5 - 7 Touch left toe forward, side, back
& 8 Step left next to inside of back of right heel & touch right toe to right side
1 - 2 Step forward right, lift right heel up and slap down
3 - 4 Step forward left, lift left heel up and slap down
5 - 6 Touch ball of right foot forward, hold
7 - 8 Swing right knee towards left, swing right knee to right

/At same time as swinging right knee toward left, swing left arm across front towards right, and right arm behind towards left - then back to neutral when swinging right knee to right

- 1 - 8 Repeat last eight beats

REPEAT