

LEFT AND RIGHT DIAGONALS-HIP BUMPS

- 1,2 & 3,4 Left step diagonal left, hip bumps left-right-left, touch right beside left/clap
5,6 & 7,8 Right step diagonal right, hip bumps right-left-right, touch left beside right/clap
9 - 16 Repeat 1-8

TOUCH CROSS BEHINDS, LEFT AND RIGHT, LEFT AND RIGHT

- 1 - 4 Touch left to side, left cross behind right, touch right to right, right cross behind left
5 - 8 Touch left to side, left cross behind right, touch right to right, right touch beside left

RIGHT AND LEFT KICK BALL CHANGES, TOUCH-HOLD & SIDE & SIDE

- 1 & 2,3 & 4 Right kick ball change, right kick ball change
5,6 & 7 & 8 & Touch right to right side, hold & step right beside left & touch left to left side & step left beside right & touch right to right side & step right beside left
1 & 2,3 & 4 Left kick ball change, left kick ball change
5,6 & 7 & 8 Touch left to left side, hold & step left beside right & touch right to right side & step right beside left & touch left to left side

LEFT SHUFFLE, RIGHT CROSS TURNS

- 1 & 2,3,4 Shuffle forward left-right-left, cross right over left, turn 1/2 left
5 & 6,7,8 Shuffle forward left-right-left, cross right over left, turn 1/2 left

LEFT AND RIGHT TOE, HEEL, HEEL SLAPS

- 1 - 4 Tap left toe over right, tap left heel forward, left heel slap side, step left beside right
5 - 8 Tap right toe over left, tap right heel forward, right heel slap side, step right beside left

LEFT STEP, TOUCH/CLAP, RIGHT TURN, TOUCHES

- 1 - 4 Left large step left, touch right beside left/clap, right step 1/4 right, touch left beside right/clap
5 - 8 Left large step left, touch right beside left/clap, right step 1/4 right, touch left beside right/clap

REPEAT**Variation:**

/When doing the dance to "455 Rocket", while doing the first 16 steps after the musical break, clap hands on 2&3 as well as on 5. This goes well with a change in the song at that point.