

RIGHT TOE, HEEL DOWN, LEFT TOE, HEEL DOWN (TRAVELING FORWARD) RIGHT KICK, KICK, BACK RIGHT, FORWARD LEFT

- 1 - 4 Right toe touch forward; right heel step down; left toe touch forward; left heel step down (pump the arms in time with the feet - left fist with right toe, right fist with left toe)
- 5 - 8 Right kick forward; right kick forward; right step back; left step forward

RIGHT FORWARD, LEFT KICK FORWARD, CROSS OVER RIGHT, BACK RIGHT LEFT STEP 1/4 TURN LEFT, TOUCH RIGHT, SIDE HOP RIGHT

- 1 - 4 Right step forward; left kick forward; left cross step over right; right step back
- 5 - 6 Left step 1/4 turn to left; right touch next to left (clap optional)
- & 7 - 8 Right hop-step to right; left touch next to right; hold on count 8 (clap optional)

LEFT STEP LEFT AND BUMP HIPS LEFT TWICE, BUMP HIPS RIGHT TWICE, LEFT-RIGHT-LEFT-RIGHT

- 1 - 4 Left step out left and bump hips to left; bump hips left; bump hips right; bump hips right
- 5 - 6 Bump hips left and lift right heel; right heel down, bump hips right and lift left heel
- 7 - 8 Left heel down, bump hips left, lift right heel; right heel down, bump hips right, lift left heel

LEFT ROCK FORWARD, RIGHT ROCK BACK, TURN 1/2 TO LEFT, TOUCH RIGHT, HOP FORWARD, HOP BACK

- 1 - 2 Left rock step forward; right rock step back
- & 3 - 4 Pivot on right foot and turn 1/2 to right; left step forward; right touch next to left
- & 5 - 6 Right hop forward; left touch next to right; hold and clap
- & 7 - 8 Left hop back; right touch next to left; hold and clap

REPEAT