

VINE WITH TWIST

- 1 - 3 Vine right with 3rd step pointing to right
4 - 6 Left foot step across right foot and pivot to the right on both feet so you are facing wall 1 with legs crossed
7 - 8 Uncross legs with stomp right, stomp left

RUNNING MAN, KICK BALL CHANGE, TWIST left

- 9 & 10 & Stomp right, hitch left, stomp left, hitch right

11&

- 12 & Stomp right, hitch left, stomp left, hitch right
13 - 14 Kick ball change
15 - 16 Right foot step left across left leg. Pivot full turn to the left on both feet until facing wall 1 with legs crossed

ROCK STEP SHUFFLE (BACK AND AHEAD), ROCK

- 17 - 18 Right foot rock step forward, rock back onto left foot with 1/4 turn to the right
19 & 20 Side shuffle to the right (step right left right) with 1/4 turn to the right on last step
21 - 22 Left foot rock step forward, rock back onto right foot with 1/4 turn to the left
23 & 24 Side shuffle to the left (step left right left) with 1/4 turn to the left on last step
25 - 26 Right foot rock step forward

RUNNING MAN

- 27 & Stomp right together, hitch left (count 1-and)
28 Stomp left, hitch right (count 2-and)
29 Stomp right, hitch left (count 3-and)
30 Stomp left, hitch right (count 4-and)
31 Stomp right, hitch left (count 5-and)
32 Stomp left, hitch right (count 6-and)
33 - 34 Hold (count 7, 8)

BASKETBALL STEPS (HIGH IMPACT VERSION)

- 35 Right foot step forward ahead of left foot with 1/4 turn to the left
36 Pick up right foot and pivot 1/2 turn to the right on ball of left foot, stopping with wide stance
37 Pick up right foot and pivot 1/2 turn to the left on ball of left foot, stopping with wide stance
& 38 jump and land with legs crossed, jump and land with legs uncrossed and feet apart
39 Pick up right foot and pivot 1/2 turn to the left on ball of left foot, stopping with wide stance
40 Pick up right foot and pivot 1/2 turn to the right on ball of left foot, stopping with wide stance
41 Pick up right foot and pivot 1/2 turn to the left on ball of left foot, stopping with wide stance
& 42 jump and land with legs crossed, jump and land with legs uncrossed and feet apart

OOH OOH AHH

- 43 Left foot big step forward
44 Right foot stomp together
45 & 46 Elbows pull back twice (ooh ooh), palms up & forward once (ahh)

SAILOR STEPS (OR IS IT VAUDEVILLE STEPS?)

- 47 - 48 & Right foot step to left crossing behind left leg, left foot step to left, right foot together
49 - 50 & Left foot step to right crossing behind right leg, right foot step to right, left foot together
51 - 52 & Right foot step to left crossing behind left leg, left foot step to left, right foot together
53 - 54 Right foot together, left foot stomp

FAST VINE RIGHT

- 55 & Right foot step to right, left foot step to right crossing behind right foot
56 & Right foot step to right, left foot step to right crossing ahead of right foot
57 - 58 Right foot big step to right, left foot slide together

CRAB WALK JUMPS

59 Toes out jump to left
60 Toes in jump to left
61 & 62 Toes out, in, out on three jumps to left

HEEL SWITCHES

63 & 64 Right heel touch forward, right foot together, left heel touch to left
65 & 66 Left heel touch forward, left foot together, right heel touch to right
67 & 68 Right heel touch forward, right foot together, left heel touch to left
69 - 70 Right foot step to left, crossing over left foot, pivot 1/2 turn to the left

REPEAT

THE LOW IMPACT VERSION OF THE BASKETBALL STEPS IN BEATS 35-42 ARE

35 Right foot step forward ahead of left foot with 1/4 turn to the left
36 Right foot step to left crossing ahead of left foot, keeping weight on left foot
37 Right foot step to right, ending with feet apart
& 38 Repeat beats 36-37 at double speed
39 Pick up right foot and pivot 1/2 turn to the left on ball of left foot, stopping with wide stance
40 Right foot step to left crossing ahead of left foot, keeping weight on left foot
41 Right foot step to right, ending with feet apart (shift weight to right foot)
& Left foot step to right crossing ahead of right foot, keeping weight on right foot
42 Left foot step to left, ending with feet apart