

HEEL SWIVEL

1 - 4 Turn right heel in, out, in, out

1/4 TURN TO RIGHT (SPINNING BULL)

5 - 7 Step right, hop right, step left

8 Step right together

EXAGGERATED ROCKS (ROCKING BULL)

9 - 11 Rock forward on left, rock back on right, rock forward on left

12 Scoot on left and touch right heel in front

13 With body turned slightly to left, scoot forward on left, right heel touching floor at end of scoot

14 Scoot forward on left, right heel touching floor at end of scoot, with 1/4 turn to left of original wall

HIP BUMPS (BUCKING BULL)

15 & Step right down and fast hip bumps right, left

16 & Fast hip bumps right, left

WALKING (THROWN OFF THE BULL)

17,18 Walking with knees bent (cowboy walk), step forward right, left

19,20 Step forward right, left

TURN AND HEEL KICKS (SPURRING THE BULL)

21 Kick out with right, slightly crossing left leg and beginning 1/2 turn to left

22 Complete turn while bringing right foot to left knee, slightly across left

23 Kick out with right, slightly outwards

24 Bring right foot to left knee

25,26 Step down on right, small jump forward on both feet

27,28 Swivel right heel out, right toe out

29,30 Swivel right heel out, right toe out

TURN BACK

31 Bringing left foot in front of right, pivot 1/4 to right

32 Pivot 1/4 to right

CROSS-OVER SHUFFLE THEN FORWARD SHUFFLE

33 & 34 Shuffle to right with left crossed over right: left, right, left

35 & 36 Shuffle forward: right, left, right

WARM-UP STRETCH

37,38 Stretch left toe to left side, left together; weight now on left leg

LIGHT KICKS

39,40 Kick right forward, bring right heel to left knee

41,42 Kick right forward, bring right beside left; weight on right

43,44 Kick left forward, scuff left forward to back

45,46 Tap left beside right, step on left; weight now on left

HALF TURN

47 Cross right over left

48 - 49 Unwind 1/2 turn

50 Touch right toe forward with heel up

REPEAT