

#### HIP BUMPS/HIP ROLLS

- 1 - 2 Bump hips to right 2 times
- 3 - 4 Bump hips to left 2 times
- 5 - 6 Starting from left side, roll hips counter clock wise
- 7 - 8 Repeat steps 5-6

#### KICKBALL CHANGE/HEEL-TOE-TURN

- 1 Kick right foot forward
- & Touch ball of right foot next to left while slightly lifting weight off left foot
- 2 Step weight back down on left
- 3 & 4 Repeat kickball change
- 5 Touch right heel forward
- 6 Touch right toe back
- 7 Step right foot forward
- 8 1/2 left military turn

#### 1/2 TURN STOMP/KNEE POPS

- 1 Step right foot forward
- 2 1/2 left military turn
- 3 Stomp right next to left
- 4 Stomp left next to right and push right knee forward
- 5 & 6 Switching weight push knees out left-right-left
- 7 & 8 Switching weight push knees out right-left-right

#### RIGHT AND LEFT SIDE SHUFFLE

- 1 & Step right to right and step left next to right
- 2 & Repeat
- 3 Step right to right
- 4 Touch left next to right
- 5 & 6 & 7 - 8 Repeat above to the left

#### WALK FORWARD/JUMP N JACK TURN CLAP

- 1 - 2 - 3 - 4 Walk forward right-left-right-left
- & Jump slightly and touch right to right
- 5 Step left slightly to left
- 6 Cross right over left
- 7 1/2 turn left
- 8 Clap hands

#### REPEAT