

Full Walk Around To Left In Place Body Dip Toe Point Pendulum Swing To Left Point

1234 walk left right left right turning full circle in place turning left
5 6 body dip down then up
7&8 right toe point to right right step beside left left toe point left
Option 1-4: just walk in place left right left right if you don't want to turn

Heel Fwd Hold And Switch Hold And Knee Pops Clap

& 1 2 left step beside right right heel tap fwd hold
&3 4 right step beside left left heel fwd hold
&7 8 left step beside right bend knees right left right clap twice

Side Hold And Chasse And Step Rock Back And Fwd Side Chasse

1 2 right toe touch right side take weight on right
&3&4 left step beside right right step right left step beside right right step right
5 6 left rock behind right right rock fwd
7&8 left step left right step beside left left step left

Rock Back And Fwd Step ¼ Pivot Step ¼ Pivot Scuff Touch

1 2 right rock behind left left rock fwd
3 4 right step fwd pivot turn ¼ left
5 6 right step fwd pivot turn ¼ left
7&8 right scuff beside left lifting knee touch right beside left

Side Shimmies X2 To Right Side Shimmies X2 To Left

1 2 right step right shimmy upper body left step beside right
3 4 right step right shimmy upper body left touch beside right
5 6 left step left shimmy upper body right step beside left
7 8 left step left shimmy upper body right touch beside left

Rock Fwd And Back Triple Turn ½ Rock Back And Fwd

1234 right rock fwd rock back on left right rock back rock fwd on left
5&6 triple step right left right turning ½ turn left
7 8 left rock back right rock fwd

Rock Fwd And Back Back Fwd Triple Turn ½ Rock Back And Fwd

1234 left rock fwd right rock back left rock back right rock fwd
5&6 triple step left right left turning ½ turn right
7 8 right rock back rock fwd left (on last step begin to angle left ready for full turn)

Start again