

MOONWALKS WITH 1/4 TURN, KICK BALL FORWARD, ARM ROLL BACK**/These steps are done very smoothly**

- 1 Slide left foot back slightly
& Step on right heel while raising left heel and pop left knee forward
2 Slide right foot back slightly
& Step on left heel while raising right heel and pop right knee forward
3 Slide left foot back slightly
4 Turn 1/4 left on balls of both feet (weight ends on right)
5 & 6 Kick left forward, step left beside right, step forward right while leaning forward
& 7 - 8 Right arm snake roll forward while leaning back in original stance

/End with right arm still forward**& SLIDE, HEAD TURNS, HEAD KNOCKS, ARM ROLL TO SIDE**

- & Pretend there is a bar in front of you and grab it
9 - 10 Slide left forward while lowering right arm
11 & Turn head 1/4 right, turn head 1/4 left
12 Turn head and body 1/4 right
13 & Knock head down to right side, knock head up to original position
14 & Knock head down to right side, knock head up to original position
15 & 16 Right arm snake roll to right side while leaning body to left side

/End with right arm still out to right side & body to left side**& SLIDE, KICK BALL CHANGE, SAILOR TOUCHES**

- & Pretend there is a bar in front and to your right side and keeping right arm out to side - grab the bar with both hands

/End with both arms out to right side

- 17 - 18 Slide left beside right while pulling on the pretend bar (weight ends on left)
19 & 20 Kick right forward, step right beside left, step left beside right
21 & 22 Cross right behind left, step left to left side, touch right beside left
23 & 24 Cross right behind left, step left to left side, touch right beside left

DISCO VERSION OF RUNNING MAN STEPS WITH 1/4 TURNS

- 25 Jump left back while extending right heel forward
& Jump right back to center while hooking left behind right calf
26 Jump left back while extending right heel forward
27 - 28 Step back right, pivot 1/4 right
29 Jump right back while extending left heel forward
& Jump left back to center while hooking right behind left calf
30 Jump right back while extending left heel forward
31 - 32 Step back left, pivot 1/4 left

POINT, STEP BACK, POINT, STEP BACK, CROSS-BACK-CROSS, UNWIND

- 33 - 34 Point right to right side, step right back and behind left
35 - 36 Point left to left side, step left back and behind right
37 & 38 Cross right over left, step left back, cross right over left
39 - 40 On balls of both feet unwind 3/4 turn left over (2) counts

HOOK, STEP FORWARD, HOOK, STEP BACK, KICK BALL SWITCHES

- 41 - 42 Hook right heel over left knee, step forward right
43 - 44 Hook left toe behind right knee, step back left
45 & Kick right forward, step right beside left
46 & Point left to left side, step left beside right
47 Point right to right side

48 Step right beside left while raising right heel slightly so right knee ends popped forward, ready to start moonwalks

REPEAT

OPTIONAL ARM MOVEMENTS FOR MOONWALKS AT BEGINNING

- 1 Push left arm forward as if you're pushing yourself away
- & Drop left arm
- 2 Push right arm forward as if you're pushing yourself away
- & Drop right arm
- 3 Push left arm forward as if you're pushing yourself away
- 4 Keep left arm forward while turning
- 5 Drop left arm while kicking

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