

HEEL GRINDS, HEEL STANDS

- 1 Step right forward with weight on heel only toe turned in.
& Keeping weight on right heel turn right toe out as if grinding heel into floor.
2 Step left back.
3 Stomp right next to left bending both knees.
& Straighten legs and lift both toes off floor pointing outward.
4 Bring toes together and return to floor.
5 - 8 Repeat above 4 counts
1 - 4 Repeat above 4 counts

HEEL, TOE TOUCHES WITH 1/4 TURN LEFT, 4 PUSH ITS

- 5 - 6 Touch right heel to right side, touch tip of right toe to right side with right knee turned in and bent
& 7 Step right next to left, touch tip of left toe to left side with left knee turned in and bent
& 8 Step left next to right turning 1/4 left, touch tip of right toe back
1 & 2 Step right forward shifting hips forward, shift hips back, shift hips forward
3 & 4 Step left forward shifting hips forward, shift hips back, shift hips forward
5 - 8 Repeat above 4 counts.

WALK BACK, TURN RIGHT 1/2, HITCHES, SHUFFLES

- 1 - 4 2 steps back right, left, turn right 1/2 with weight on left, step forward right, hitch left knee
5 - 6 Step left forward, hitch right knee
7 & 8 Right shuffle step forward.
1 & 2 Left shuffle step forward.
3 - 4 Hitch right knee, step right forward

1/4 RIGHT PIVOT TURN, TRIPLE IN PALACE, 2 HEEL ROMPS

- 5 & 6 1/4 pivot turn step left forward, with weight on left turn 1/4 right, step right in place
7 & 8 Step left, right, left in place.
1 Touch right heel to 2:00.
& 2 Step right together, touch ball of left next to right
& 3 Step left back to 7:00, touch right heel to 2:00
& 4 Step right together, touch ball of left next to right

1/2 TURN RIGHT, FEET APART, RIGHT HEEL SWIVELS

- & 5 Step left in place, place ball of right back
6 Keeping feet where they are turn right 1/2
7 - 8 Step right next to left, step left to left so that feet are apart
& 1 Keeping ball of right on floor lift right heel up and out to right side, return right heel to floor
& 2 Repeat above heel swivel.
& 3 Repeat heel swivel.
& 4 Repeat heel swivel, head is bowed for the 4 heel swivels and the next 8 counts.

MASH BACKWARD SINGLE, SINGLE DOUBLE, AND REVERSE

- & Lift right foot slightly off floor and turn both toes in with weight on ball of left.
5 Step back right with weight on balls of both feet, turning toes out.
& Lift left foot slightly off floor and turn both toes in with weight on ball of right.
6 Step back left with weight on balls of both feet, turning toes out.
& 7 Repeat above with right foot.
& 8 Keeping feet in above position lift both heels out to sides, heels in
1 - 4 Reverse above 4 counts. Starting with left foot.

STOMPS, SLAPS, STOMPS, CLAP

- 5 - 6 Stomp right forward, stomp left to left side
7 - 8 Slap right foot with left hand behind left knee, step right to right side
1 - 2 Slap left foot with right hand behind right knee, step left to left side
& 3 Stomp right forward, stomp left to left side
4 Clap!

HEEL GRINDS, TURN RIGHT 1/4, 4 SIDE STEPS

- 5 Place right heel forward with toe lifted and turned in.
- 6 Grinding right heel into floor turn right toe out and drop to floor.
- 7 - 8 Reverse above heel grind with left foot.
- 1 & 2 Repeat above heel grind with right foot turning 1/4 right on &
- 3 & 4 Repeat heel grind with left foot. You are now facing a new wall 1/4 right from original.
- 5 Step right to right side.
- 6 - 8 Keeping feet apart shift weight left, right, left

REPEAT

(23827)

Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA
Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 *charged at 10p per minute