

SUGAR FOOT TWICE

- 1 Touch right toe in to left instep
- 2 Touch right heel beside left with toes pointed out
- 3 & 4 Shuffle forward right, left, right
- 5 Touch left toe in to right instep
- 6 Touch left heel beside right with toes pointed out
- 7 & 8 Shuffle forward left, right, left

APART, CROSS, UNWIND, HOLD, TWICE

- 9 Jump with feet apart
- 10 Jump crossing right over left
- 11 Unwind 1/2 left
- 12 Hold
- 13 Jump with feet apart
- 14 Jump crossing right over left
- 15 Unwind 1/2 left
- 16 Hold

ROCK STEPS

- 17 Rock forward on left
- 18 Recover back onto right
- 19 Step left beside right
- 20 Shift weight to right
- 21 Rock forward on left
- 22 Recover back onto right
- 23 Step left beside right
- 24 Hold
- 25 Rock back on right
- 26 Recover forward onto
- 27 Step right beside left
- 28 Shift weight to left
- 29 Rock back on right
- 30 Recover forward onto left
- 31 Step right beside left
- 32 Shift weight to left

SHIMMY LEFT TWICE

- 33 Step left on left shaking shoulders and hips
- 34 Slide right beside left shaking shoulders and hips
- 35 Clap hands
- 36 Hold
- 37 Step left on left shaking shoulders and hips
- 38 Slide right beside left shaking shoulders and hips
- 39 Clap hands
- 40 Hold

ROCK STEPS

- 41 Rock forward on right
- 42 Recover back onto left
- 43 Step right beside left
- 44 Shift weight to left
- 45 Rock forward on right
- 46 Recover back onto left
- 47 Step right beside left
- 48 Shift weight to left

SHIMMY RIGHT TWICE

49 Step right on right shaking shoulders and hips
50 Slide left beside right shaking shoulders and hips
51 Clap hands
52 Hold
53 Step right on right shaking shoulders and hips
54 Slide left beside right shaking shoulders and hips
55 Clap hands
56 Hold

ROCK STEPS

57 Rock forward on left
58 Recover back onto right
59 Step left beside right
60 Shift weight to right
61 Rock forward on left
62 Recover back onto right
63 Step left beside right
64 Hold

TOE-HEEL STRUTS

65 Step forward on right toe
66 Slap right heel down
67 Step forward on left toe
68 Slap left heel down
69 Step forward on right toe
70 Slap right heel down
71 Step forward on left toe
72 Slap left heel down

SASSY WIGGLES

73 Step back on right and bump right hip
74 Step back on left and bump left hip
75 Step back on right and bump right hip
76 Step back on left and bump left hip

STEP, 1/4 TURN, THREE TIMES, STOMP, CLAP

77 Step forward on right
78 Turn 1/4 left
79 Step forward on right
80 Turn 1/4 left
81 Step forward on right
82 Turn 1/4 left
83 Stomp right (do not shift weight)
84 Clap hands

REPEAT