

TRAVELING HEEL HOPS

- & 1 Hop slightly forward on left lifting right knee; right heel forward
- & 2 Hop slightly forward on left lifting right knee; step down on right
- & 3 Hop slightly forward on right lifting right knee; left heel forward
- & 4 Hop slightly forward on right lifting left knee; step down on left
- & 5 - & 8 Repeat steps &1-&4

TURNING VINE HOPS, LEFT SAILOR SHUFFLE BACK, RIGHT SAILOR SHUFFLE BACK

- & 1 Hop on left while turning right 1/3 lifting right knee; step down on right
- & 2 Hop on right while turning right 1/3 lifting left knee; step down on left
- & 3 Hop on left while turning right 1/3 lifting right knee; step down on right
- 4 Touch left beside right
- 5 & 6 Step back on left crossing behind right; step right to right side; step left to left side
- 7 & 8 Step back on right crossing behind left; step left to left side; step right to right side

ROCK STEP, ROCK STEP, STEP 2 TURN, ROCK STEP

- 1 - 2 Rock forward on ball of left, replace weight back to right
- 3 - 4 Rock back on ball of left, turn 2 right lifting right knee
- 5 - 6 Step forward on ball of left, turn 2 right lifting right knee
- 7 - 8 Rock back on ball of right, replace weight forward to left

CROSS TOUCHES

- 1 - 2 Touch right toe to right side, step right over left
- 3 - 4 Touch left toe to left side, step left behind right
- 5 - 6 Touch right toe to left side, step right over left
- 7 - 8 Touch left toe to left side, step left over right

PENDULUM SWINGS, KICK, KICK, 1/4 TURN SHUFFLE

- 1 Touch right toe to right side
- & 2 Hop bringing right together transferring weight to right, touch left toe to left side
- & 3 Hop bringing left together transferring weight to left, touch right toe to right side
- & 4 Hop bringing right together transferring weight to right, touch left toe to left side
- 5 - 6 Kick left leg forward, kick left leg to left side
- 7 & Step down on left making a 1/4 turn left, step right beside left
- 8 Step left beside right

REPEAT