

### **Step out, step out, touch and body roll to the back**

- 1 Step out on your left feet, while doing this put your upper body in front
- 2 Right feet next to left feet, while doing this contraction of your upper body to the inside
- 3 Step out on your left feet, while doing this put your upper body in front
- & Contraction of your upper body to the inside
- 4 Put your right feet next to your left feet, while doing this put your upper body in front
- 5 Step a 1/4 turn out on your left
- 6 Step your right feet behind your left feet
- 7 Put your right feet behind, while doing this start making a body roll
- 8 Put your left feet next to your right feet and finish the body roll

### **Knee roll, step out and pose**

- & Start making a round with your left feet
- 1 Turn ¼ and roll your right knee next to your left knee
- & Start making a round with your left feet
- 2 Turn ¼ and roll your right knee next to your left knee
- & Start making a round with your left feet
- 3 Turn ¼ and roll your right knee next to your left knee
- & Start making a round with your left feet
- 4 Turn ¼ and roll your right knee next to your left knee
- 5 Step out on right feet, while doing this bring your left arm to your right hip, but do it with a swing
- 6 Step out on your left feet, while doing this bring your right arm to your left hip, but do it with a swing
- 7 Swing your left arm to your right hip
- & Swing your right arm to your left arm
- 8 Swing your arms above your head and slide your feet next to each other and make a pose

### **Body roll, turn ¼ , body roll, turn ¼**

- 1 Step out on your right feet, while doing this start body roll
- 2 Finish body roll, while doing this turn a ¼ to the left
- 3 Start coming up with a body roll
- 4 Finish body roll and slide your right feet next to your left feet
- 5 Step out on your right feet, while doing this start body roll
- 6 Finish body roll, while doing this turn a ¼ to the left
- 7 Start coming up with a body roll
- 8 Finish body roll and slide your right feet next to your left feet

### **Step out, hip and hip, kick, touch, scuff together**

- 1 Step out on your right feet, while doing this bring your right hip 45° in to the right
  - 2 Step out on your left feet, while doing this bring your left hip 45° in to the left
  - 3 Bring your right hip 45° to the back
  - 4 Bring your left hip 45° to the back
  - & Bring your right feet up to your behind
  - 5 Kick your right feet in front
  - & Bring your right feet next to your left knee
  - 6 Kick your right feet in front
  - & Bring your right feet next to your right hip while doing this touch your feet with your right hand
  - 7 Kick your right feet in front
  - & Bring your right feet next to your left knee but do it with a scuff
  - 8 Put your right feet next to your left feet
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