

STEP, HOLD, STEP, HOLDS**/Shimmy or shoulder shakes are suggested for the following.**

- 1 - 2 Bend forward slightly and begin shimmy or shoulder shakes as you step forward and diagonally to the right on right foot; hold and continue shimmy or shoulder shakes
- 3 - 4 Step left foot next to right and continue shimmy or shoulder shakes; hold and finish shimmy or shoulder shakes (weight on left foot)
- 5 - 6 Bend forward slightly and begin shimmy or shoulder shakes as you step forward and diagonally to the right on right foot; hold and continue shimmy or shoulder shakes
- 7 - 8 Step left foot next to right and continue shimmy or shoulder shakes; hold and finish shimmy or shoulder shakes (weight on left foot)

STEP, HOLD, SYNCOPATED STEPS, HOLDS**/Ladies: for added styling, place left hand (palm out) on left hip, right hand behind neck during the following**

- 9 - 10 Step to the right on right foot; hold
- & 11 - 12 Step left foot next to right; step to the right on right foot (push hips to the right with step); hold
- & 13 - 14 Step left foot next to right; step to the right on right foot (push hips to the right with step); hold
- 15 - 16 Pivot 1/4 turn to the left on balls of both feet; transfer weight to left foot

KICK, KICK, ROCK, ROCK

- 17 - 18 Kick right foot forward twice
- 19 - 20 Rock step back on right foot; rock forward onto left foot

STEP, HOLD, CROSS, HOLDS**/Hand movements suggested for the following.**

- 21 - 22 Step to the right on right foot; placing hands out to side, left hand out to the left, right hand out to the right (palms down); hold
- 23 - 24 Cross left foot over right and step, crossing hands, left hand out to the right, right hand out to the left (palms down); hold
- 25 - 26 Step to the right on right foot; placing hands out to the side, left hand out to the left, right hand out to the right (palms down); hold
- 27 - 28 Cross left foot over right and step crossing hands, left hand out to the right, right hand out to the left (palms down); hold

UNWIND, ROCK, ROCK

- 29 - 30 Unwind 1/2 turn to the right on balls of both feet; transfer weight to left foot
- 31 - 32 Rock step back on right foot; rock forward onto left foot

REPEAT