

HEEL SPREAD, TOE SPREAD, HEELS TOGETHER, TOES TOGETHER, HEEL OUT, TOE OUT, TOE BACK, HEEL BACK.

- 1 - 4 Spread both heels out, spread toes out, put heels back together, put toes back together
5 - 8 Move right heel to right side, lift right toe up and swing to right then replace right toe back, move right heel back to left foot
- 1 - 4 Spread both heels out, spread toes out, put heels back together, put toes back together
5 - 8 Move left heel to left side, lift left toe up and swing to left then replace left toe back, move left heel back to right foot

STEP TURN, STEP HITCH, STOMP, HEELS OUT AND BACK, JUMP FORWARD.

- 1 - 2 Step right foot forward, turn 1/2 turn to left
3 - 4 Step right foot forward, hitch with left (bring left knee up and hop on right foot at same time)
5 - 6 Stomp left foot down, with left toe pointing to your left, get on toes and swivel heels out
7 - 8 Stay on toes and swivel heels back in place, hop forward on both feet

SHUFFLE FORWARD, STEP TURN, STOMP, CLAP, SAILOR SHUFFLE, STOMP, CLAP, SAILOR SHUFFLE

- 1 & 2 Shuffle forward on right (step right foot forward, step left next to right quickly, then right foot forward again)
3 - 4 Step left foot forward, turn 1/2 turn right
5 - 6 Stomp left foot forward, clap (weight is on left)
7 & 8 Sailor shuffle to our left (step right behind left, left to side of right, step right foot forward)
1 & 2 Sailor shuffle to your right (step left behind right, right to side of left, step left foot forward)
3 - 4 Stomp right foot forward, clap (weight is on left)
5 & 6 Sailor shuffle to your right (step left behind right, right to side of left, step left foot forward)
7 & 8 Sailor shuffle to your left (step right behind left, left to side of right, step right foot forward)

STEP, SLIDE, SHUFFLE, STEP SLIDE, SHUFFLE, 3 STEPS BACK, 1/2 TURN, VINE LEFT WITH 1/4 TURN

- 1 - 3 & 4 Step forward on left, slide right behind left, shuffle left forward
5 - 7 & 8 Step forward on right, slide left behind right, shuffle right foot forward
1 - 4 Step back on left, then right, then left, swing right foot around 1/2 turn to right and set right foot down
5 - 8 Step forward on left, step right foot behind left, step left to left side as you quarter turn to left, stomp right next to left

REPEAT