

SECTION A**HITCH, TOUCH, HITCH, TOUCH, HIP BUMPS TWICE**

- & 1 & 2 Hitch right knee. Touch right toe to right side. Hitch right knee. Touch right toe to right side
3 & 4 Bump hips-right, left, right.
& 5 & 6 Hitch left knee. Touch left toe to left side. Hitch left knee. Touch left toe to left side.
7 & 8 Bump hips-left, right, left.

KICK BALL TOUCH, TOE SWITCHES TWICE

- 9 & 10 Kick right foot forward. Step right in place. Touch left toe to left side.
& 11 Step left to center. Touch right toe to right side.
& 12 Step right to center. Touch left to left side.
13 & 14 Kick left foot forward. Step left in place. Touch right toe to right side.
& 15 Step right to center. Touch left to left side
& 16 Step left to center. Touch right to right side.

RIGHT AND LEFT ROLLING VINES

- 17 - 20 Make a rolling vine to the right.
21 - 24 Make a rolling vine to the left.

SIDE TOUCHES, CROSS UNWIND, WALKS

- 25 - 26 Touch right toe to right side. Touch right back to center.
27 - 28 Touch left toe to left side. Touch right back to center.
29 - 30 Cross right over left. Unwind 1/2 turn to the left.
31 - 32 Walk forward-right, left.
33 - 64 Repeat steps 1-32

HEEL BOUNCES

- 65 - 70 Bounce right heel in place 6 times.

SECTION B**HANDS (TRAGEDY)**

- 1 - 2 Put your hands up beside your ears
3 & 4 Bump hips-right, left, right
5 Raise your right arm in the air to the right
6 Raise your left arm in the air to the left
7 Clasp both hands together on your heart
8 Stretch both arms out straight in front with you palms up

HANDS (TRAGEDY), OUT, OUT, IN, IN

- 9 - 12 Repeat steps 1-4
13 - 14 Step right out to right side. Step left out to left side
15 - 16 Step right to center. Step left to center

STEP TOGETHER, STEP TOGETHER, STEP TOGETHER, STEP TOGETHER

- 17 - 18 Step left to left side. Step right next to left
19 - 20 Step left to left side. Step right next to left.
21 - 22 Step right to right side. Step left next to right.
23 - 24 Step right to right side. Step left next to right.

HAND AND ARM MOVEMENTS WITH SHOULDER PUSHES

- 25 - 26 Extend right arm forward. Extend left arm forward
27 Put your hands up beside your ears.
& Swing your right arm out to the right with your left hand on your left hip.
28 Swing your left arm out to the left with your hand on your right hip
29 Hold your right arm out with palm facing forward (stopping the traffic)
30 - 32 Roll or push your left shoulder forward 3 times making 1/2 turn left.

33 - 64 Repeat steps 1-32

SIDE SHUFFLES WITH ROCKS

65 & 66 Step right to the side. Close left beside right. Step right to the right side

67 - 68 Rock back on left. Rock forward on right.

69 & 70 Step left to left side. Close right beside left. Step left to left side.

71 - 72 Rock back on right. Rock forward on left.

73 - 80 Repeat steps 65-72

HEEL SWITCHES

81 & 82 Touch right heel forward. Step right to center. Touch left heel forward.

& 83 - 84 Step left to center. Touch right heel forward. Hold.

& 85 Step right to center. Touch left heel forward.

& 86 Step left to center. Touch right heel forward.

& 87 - 88 Step right to center. Touch left heel forward. Hold.

WALKS, RIGHT & LEFT SHUFFLES

& Step left to center.

89 - 92 Walk forward-right, left, right, right

93 & 94 Step right forward. Close left beside right. Step right forward.

95 & 96 Step left forward. Close right beside left. Step left forward.

STOMPS, SWIVELS, STOMPS, HEEL, TOE, HEEL

97 - 98 Stomp right forward. Stomp left behind right heel. (3rd position)

99 & 100 Swivel heels out. Swivel heels in. Swivel heels out.

101 - 102 Stomp right to right side. Stomp left to left side. (shoulder width apart).

103 & 104 Swivel heels in. Swivel toes in. Swivel heels in.

SECTION C

SHOULDER PUSHES

1 - 8 Roll or push shoulders forward making 1/2 turn left

STEP 1/2 TURN, RIGHT & LEFT SHUFFLES, WALKS

9 - 10 Step right forward. Pivot 1/2 turn left.

11 & 12 Step forward right. Close left beside right. Step right forward.

13 & 14 Step left forward. Close right beside left. Step forward left.

15 - 16 Walk forward-right, left.

17 - 24 Repeat steps 9-16