

INTRO (DONE ONLY ONCE)

/To begin the dance, clap on the 16th count after the music starts. The first 16 counts are the introduction and are only repeated once.

POSES, MARCH

1 - 2 Stamp left foot forward while at the same time, placing left arm forward over foot.

/The body will open slightly to the right. Be sure to keep the right elbow close to the body. Don't allow it to go behind the body. Hands should be palm down. On count 2, hold (pose) in the above position.

3 - 4 Repeat with right foot, hold

5 - 8 Starting with left foot, march forward left-right-left, together. Weight ends on right foot

SLIDES

9 With weight fully on the right, push off toward the left taking a wide step, landing on the left foot, left arm goes up, right arm goes down like an airplane

10 - 12 Slowly drag the right foot to touch beside the left

13 With weight fully on the left, push off toward the right taking a wide step, landing on the right foot. Right arm goes up, left arm goes down like an airplane.

14 - 16 Slowly drag the left foot to touch beside the right

THE MAIN DANCE**BOOGIE WOOGIE WALK AROUND WITH HAND SHIMMIES**

1 - 8 Starting with the left foot, begin to step in a circle to the left to face front.

/For a boogie woogie effect, slightly bend the knees and swivel on the ball of the foot while stepping on each beat. This will cause the hips to displace. Shimmy the hands to the beat as you turn (just below waist). Weight ends on right.

TOE TOUCHES WITH TURN

9 - 10 Touch left toe behind right, step left foot home

11 - 12 Touch right toe behind left, step right foot home

13 - 14 Touch left toe behind right, step left foot home

15 Cross right over left keeping weight on the left

16 Turn full turn to the left, changing weight to the right

TRIPLE STEPS

17 & 18 Triple step with left (on 1, turn 1/4 left)

19 - 20 Step forward on the right foot, pivot to the left, changing weight to the left

21 & 22 Triple step with right in the same track

23 - 24 Rock step, (back on left, forward on right). End facing front with weight on right.

BOOGIE STEPS

25 - 26 Touch left toe forward, hold on count 2

27 - 28 Touch right toe forward, hold on count 4

29 - 32 & Touch left toe forward, touch right toe forward, touch left toe forward, touch right toe forward

/Turn palms of hands out and shimmy in rhythm. (use the & count to change weight to the right foot)

ROCK STEPS/TRIPLES

33 - 34 Step forward with left, change weight to right

35 - 36 Step backward with left, change weight to right

37 & 38 Left triple step forward

39 & 40 Right triple step forward (weight ends on right)

STEP PIVOTS/TRIPLE

41 - 42 Step forward on the left, changing weight to left, pivot on left to the right, changing weight back to right.

/Now facing reverse LOD.

43 & 44 Left triple step still facing reverse LOD

45 - 46 Step forward on right foot, changing weight back to right, pivot to the left, changing weight to left.
Now facing forward LOD.

47 - 48 Rock forward on right, change weight to left

MOONWALK, PIVOT

49 - 50 Rock backward on right, change weight to left

51 - 52 Step forward on the right foot. On count 4, pivot 1/2 to the left. Change weight to right. Now facing reverse LOD

53 - 54 Slide left foot backward past the right (moonwalk movement), keeping toe pointed to floor for balance

55 - 56 Pivot to the left 1/2, keeping the weight on the right foot and stamp left foot, leaving weight on left foot. Stamp right foot on count 8. Now facing forward LOD

SHOULDER SHIMMIES/TOE POINTS, TRIPLE

57 - 60 Shoulder shimmies

61 - 62 Kick left foot forward, then to the left side while pointing toe forward

63 & 64 Left triple in place

TOE POINTS/TRIPLE/ HIP THRUSTS

65 - 66 Kick right foot forward, then to the right side while pointing toe forward

67 & 68 Right triple in place

69 - 70 With knees slightly bent and weight on the right foot, thrust hips forward twice while bringing the hands back sharply to the hips. The hands will be in a fist.

71 Swing left knee and left shoulder in toward the right, weight is on the right

72 Turn 1/4 to the left sharply while snapping the head, keeping the weight on the right so the left is free to begin again

REPEAT