

THE HITCHHIKER

- 1 Step right foot slightly forward right and throw right thumb back over right shoulder
2 - 4 Tap right heel three times; on each tap, throw thumb over shoulder (move in a backward arc, dropping arm on count 4 and returning right foot to center)
5 Step left foot slightly forward left and throw left thumb back over left shoulder
6 - 8 Tap left heel three times; on each tap, throw thumb over shoulder (move in a backward arc, dropping arm on count 8 and returning left foot to center).

HEEL GRIND WITH 1/4 TURN AND ROCK STEP, JUMPS FORWARD AND BACK

- 9,10 Step right heel forward with Toe pointed left; grind heel turning toe from left to right while turning 1/4 right
11,12 Rock-step right foot back; rock forward onto left foot
& 13,14 Jump forward right, left; hold
& 15,16 Jump back right, left; hold.

right AND left SIDE SHUFFLES, JUMPS FORWARD & ACROSS WITH HOLDS

- 17 & 18 Step right foot to right side; step left together; step right to right side
19 & 20 Step left foot to left side; step right together; step left to left side
21,22 Jump forward landing with Feet shoulder-width apart; hold
23,24 Jump, landing with Right foot crossed over left; hold.

UNWIND, HOLD, DOUBLE KICK, SAILOR SHUFFLES

- 25,26 Unwind by turning 1/2 left; hold
27,28 Kick right foot forward twice
29 & 30 Cross-step right behind left; step left in place; step right beside left
31 & 33 Cross-step left behind right; step right in place; step left beside right.

REPEAT

BRIDGE 1

/This occurs after the 4th repetition when you are facing the original wall for the second time.

DO "THE FISH"

- 1,2 With feet remaining in place, do the "breast stroke" by swinging right arm back, up, over and down for 2 counts
3,4 Continue "breast stroke" by swinging left arm back, up, over and down for 2 counts
5,6 Bend knees, then straighten legs; at same time hold nose as if going under water
7,8 Repeat counts 5,6.

BRIDGE 2

/This bridge occurs when you face the original wall the third time (after doing the dance 8 times.)

DO "THE TWIST," "THE FISH," AND "THE MONKEY"

- 1 - 8 Twist right and left for 8 counts
9 - 12 Do the "breast stroke" for 4 counts
13 - 16 Bend and straighten knees while holding nose and "going under water."
17 - 24 Bouncing body up and down, raise right arm; lower right arm and raise left arm as if climbing a rope; continue this movement for a total of 8 counts.

/It is perfectly okay for dancers to get creative with these bridges since there is no footwork.