

**SHUFFLE RIGHT, SHUFFLE LEFT (OPTION: RUNNING MAN)**

- 1 - 2 Shuffle in-place right  
3 - 4 Shuffle in-place left

**BACK RIGHT, LEFT, RIGHT, HITCH/SLAP LEFT**

- 5 - 6 Step back right, step back left  
7 Step back right  
8 Hitch left and slap knee with left hand

**STEP LEFT, SLAP RIGHT FOOT, STEP RIGHT, HITCH/SLAP LEFT**

- 9 Step forward left  
10 Slap right foot behind left leg with left hand  
11 Step back right  
12 Hitch left and slap left knee with left hand

**STEP LEFT, RIGHT, LEFT, HITCH/SLAP RIGHT**

- 13 - 14 Step forward left, step forward right  
15 Step forward left  
16 Hitch right and slap knee with right hand

**STEP RIGHT, SLAP LEFT FOOT, 1/4 TURN/STEP LEFT, HITCH/SLAP RIGHT**

- 17 Step forward right,  
18 Slap left foot behind right leg with right hand  
19 1/4 turn left and step forward left,  
20 Hitch right and slap right knee with right hand

**RIGHT HEEL, STRUT, LEFT HEEL, STRUT**

- 21 - 22 Right heel forward, snap right toe down  
23 - 24 Left heel forward, snap left toe down

**STEP RIGHT, 1/4 TURN LEFT, STEP RIGHT, 1/4 TURN LEFT**

- 25 - 26 Step forward right, 1/4 turn left  
27 - 28 Step forward right, 1/4 turn left

**RIGHT HEEL, STRUT, LEFT HEEL**

- 29 - 30 Right heel forward, snap right toe down  
31 - 32 Left heel forward, snap left toe down

**REPEAT****/Here's how to do the "Running Man" Dance Move**

- 1 & Step forward right & scoot back on right foot,  
2 & Step forward left & scoot back on left foot  
3 & Step forward right & scoot back on right foot  
4 Step forward left