

**HEEL STEPS**

- 1 Touch right heel forward
- 2 Step down on ball of right foot
- 3 Make 1/2 turn on ball of right foot and touch left heel forward
- 4 Step down on ball of left foot
- 5 Touch right heel forward
- 6 Step down on ball of right foot
- 7 Make 1/2 turn on ball of right foot and touch left heel forward
- 8 Step down on ball of left foot

**SHUFFLE TURNS**

- 9 & 10 Right shuffle-step forward (right-left-right)
- 11 Step forward on left foot
- 12 Make 1/2 turn to right (switching weight to right foot)
- 13 & 14 Left shuffle-step forward (left-right-left)
- 15 Step forward on right foot
- 16 Make 1/4 turn to left on balls of both feet (shift weight to left foot)

**HIP SHAKES**

- 17 Step right foot to right and shake right hip
- 18 Shake right hip again
- 19 Make 1/4 turn to right on ball of right foot and touch left next to right
- 20 Hold
- 21 Step left foot to left and shake left hip
- 22 Shake left hip again
- 23 Touch right foot next to left
- 24 Hold

**BACK HIP SHAKES**

- 25 Step back on right foot and shake right hip
- 26 Shake right hip again
- 27 Step back on left foot and shake left hip
- 28 Shake left hip again

**HIP ROLLS**

- 29 Roll hips forward
- 30 Roll hips back
- 31 Roll hips forward
- 32 Roll hips back (end with weight on left foot)

**SHIMMY SHAKES**

- 1,2 Step right foot to right side and shake right hip twice
- 3,4 Step left next to right and hold
- 5,6 Step right foot to right side and shake right hip twice
- 7,8 Step left next to right and hold
- 9,10 Step left foot to left side and shake left hip twice
- 11,12 Step right next to left and hold
- 13,14 Step left foot to left side and shake left hip twice
- 15,16 Step right next to left and hold

**REPEAT**