

KNEE BENDS, ROCK-STEP, KNEE BENDS, ROCK-STEP

- 1,2 With weight even on both feet, bend knees; while straightening knees, scoop hips to the left and touch right heel forward
- & 3,4 Rock back on ball of right foot; step left foot in place; touch right heel forward
- 5,6 With weight even on both feet, bend knees; while straightening knees, scoop hips to the right and touch left heel forward
- & 7,8 Rock back on ball of left; step right foot in place; touch left heel forward.

SYNCOPATED VINE LEFT, ROCKING CHAIR

- 9,10 Step left foot to left; cross-step right foot over left
- & 11 Step left foot to left; cross-step right foot behind left
- & 12 Step left foot to left; cross-step right foot over left
- 13 & 14 Step left foot beside right; kick right foot forward; bend both knees (bring right foot even with left but keep it up off the floor)
- & 15 & 16 Straighten left knee and kick right forward; step right beside left; rock back on ball of left; step right foot in place.

SIDE SHUFFLE; 1/4 TURN, SIDE SHUFFLE, HIP ROLLS

- 17 & 18 Step left foot to left side; step right together; step left foot to left side
- & Pivot 1/4 turn left, hitching right knee
- 19 & 20 Step right foot to right side; step left together; step right foot to right side
- 21 Angle body slightly left and step back on left foot bending left knee
- 22 Shifting weight forward to right foot, bend right knee and straighten left knee
- 23,24 Shift weight back to left; bend left knee and straighten right knee.

/(Hips should undulate backward & forward, like a wave.)

HIP ROLL, ROCK STEP, SYNCOPATED HEEL & TOE TOUCHES

- 25,26 Shifting weight forward to right foot, bend right knee and straighten left knee; hold
- & 27,28 Rock back on ball of left foot; step right foot in place; hold
- & 29 Jump back on ball of left; touch right heel forward
- & 30 Step right foot in place; touch ball of left beside right
- & 31 Jump back on ball of left foot; touch right heel forward
- & 32 Step right foot in place; touch ball of left beside right.

REPEAT