

BRUSH, CROSS, TOUCH, HOLD

- 1 Brush ball of right foot forward
- 2 Brush ball of right foot back, crossing left shin
- 3 Touch ball of right foot on left side of left
- 4 Hold

TOUCH, HOLD, TWIST (RIGHT-LEFT)

- 5 Place ball of right foot in front (heel of right foot in line with toe of left foot)
- 6 Hold
- 7 & 8 Twist on balls of both feet right-left (body goes with the movement, start at 12:00 go to 9:00 and back to 12:00)

BODY ROLL, HIP ROLLS

- 1 - 4 Bend at the waist, stand up rolling hips forward. This move is done as if trying to walk through a doorway that's too low. (hips end up forward)
- 5 - 6 & Push hips back, push hips forward, push hips back
- 7 & Push hips forward, push hips back,
- 8 & Push hips forward, push hips back

STEP RIGHT, TOUCH LEFT, STEP TURN 1/4 LEFT, RIGHT TOGETHER

- 1 Step forward on right foot
- 2 Touch ball of left foot beside right foot
- 3 Step left foot 1/4 turn left
- 4 Slide right foot together with left foot

TWIST LEFT (TOES, HEELS, TOES, HEELS)

- 5 With weight on both heels, move toes to left
- 6 Shift weight to both toes, move heels to left
- 7 Shift weight to both heels, move toes to left
- 8 Shift weight to both toes, move heels to left

STEP RIGHT, STEP LEFT TOGETHER (REPEAT)

- 1 Step right foot to right side
- 2 Step left foot beside right
- 3 Step right foot to right side
- 4 Touch left ball of foot beside right foot

STEP (LEFT-RIGHT-LEFT) WHILE TURNING FULL TURN LEFT, SCUFF RIGHT

- 5 - 6 - 7 Step left-right-left, while turning one full turn left
- 8 Scuff right foot next to left

SHUFFLE FORWARD (RIGHT-LEFT-RIGHT), LEFT ROCK-STEP FORWARD, RIGHT ROCK-STEP BACK

- 1 & 2 Step right foot forward, step ball of left foot beside right foot, step right foot forward
- 3 - 4 Rock forward on left foot, rock back on right

SHUFFLE (LEFT-RIGHT-LEFT) INTO 1/2 TURN LEFT, RIGHT ROCK STEP FORWARD, LEFT ROCK-STEP BACK

- 5 & 6 Shuffle left, right, left while completing 1/2 turn to left
- 7 Rock forward on right foot
- 8 Rock back on left foot

SHUFFLE (RIGHT-LEFT-RIGHT) INTO 1/4 TURN RIGHT, STOMP, CLAP

- 1 & 2 Shuffle in place right, left, right as you make 1/4 turn right
- 3 Stomp left foot in place
- 4 Clap hands at chest level

CROSS, HOLD, 3/4 TURN LEFT

- 5 Cross right foot over left leg and touch ball of right foot to floor
- 6 Hold
- 7 - 8 Slowly unwind making 3/4 turn to the left, taking weight on left foot

REPEAT

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