

HEEL SWIVELS

- 1 With weight on balls of foot, swivel heels to right
- 2 With weight on both feet, swivel heels to left
- 3 With weight on balls of both foot, swivel heels to the right
- 4 Raise heels and slap back down onto floor
- 5 With weight on balls of both feet, swivel heels to left
- 6 With weight on balls of both feet, swivel heels to right
- 7 With weight on balls of both feet, swivel heels to left
- 8 Raise heels and slap back down onto floor
- 9 - 16 Repeat steps 1-8

MILITARY TURNS (1/4)

- 17 Right step forward (small step)
- 18 Pivot 1/4 turn to left on ball of right foot, shifting weight to left foot at completion of turn
- 19 - 24 Repeat steps 17-18 three times

RIGHT 1/4 TURN, BRUSH, CROSS, BRUSH, CROSS, BACK TOGETHER, JUMP

- 25 Right step 1/4 turn right
- 26 Left brush to left, while pivoting on ball of right foot to complete right turn
- 27 Left step across right
- 28 Right brush to right
- 29 Right step across left
- 30 Left step back
- 31 Right step beside left (weight on both feet)
- 32 Hop in place

JUMP APART, JUMP CROSS, JUMP APART, JUMP CROSS, JUMP TOGETHER

- 33 Jump and land with feet apart
- 34 Jump and land with right foot in front of left
- 35 Jump and land with feet apart
- 36 Jump and land with left foot in front of right
- 37 Jump and land with feet apart
- 38 Jump and land with feet together

STOMP, STOMP, STEP, TURN

- 39 Stomp right foot in place
- 40 Stomp right foot in place
- 41 Right step forward
- 42 Pivot 1/2 turn left on ball of right foot, shifting weight to left foot at completion of turn

BRUSH, SHUFFLE IN PLACE, BRUSH, SHUFFLE IN PLACE

- & Right brush forward
- 43 Right step to right
- & Left step together with right
- 44 Right step in place
- & Left brush forward
- 45 Left step to left
- & Right step together with left
- 46 Left step in place
- & 47 - 54 Repeat steps &43-46

BRUSH, STEP, BRUSH, STEP

- 55 Right brush in front of left toe
- 56 Right step forward
- 57 Left brush in front of right toe
- 58 Left step forward
- 59 - 62 Repeat steps 55-58

HIP ROLLS

- 63 Roll hips to right
- 64 Roll hips to left
- 65 - 70 Repeat steps 63-64, 3 times

REPEAT

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