

**RUNNING MAN**

- 1 Step forward right
- & Scoot back on right and lift left knee
- 2 Step forward left
- & Scoot back on left and lift right knee up
- 3 Step forward right
- & Scoot back on right and lift left knee up
- 4 Step forward left

**HIP ROLLS (FIGURE 8)**

- 5 Step forward right, push right hip forward and lift right hip up
- 6 Roll right hip backward and drop hip to complete a half circle right
- 7 Push right hip forward and lift right hip up
- 8 Roll right hip backward and drop hip to complete a half circle right

**ELECTRIC KICKS**

**/The weight is on the Left foot**

**SINGLE**

- 9 Step back right
- 10 Step forward left (replace)
- 11 Step forward right
- 12 Step back left (replace)

**DOUBLE**

- 13 Step back right, lift left foot up
- & Step forward left, lift right foot up
- 14 Step forward right, lift left foot up
- & Step back left, lift right foot up
- 15 Step back right, lift left foot up
- & Step forward left, lift right foot up
- 16 Step forward right, lift left foot up

**/Use some arm styling on the rock steps for both the Single and Double Electric Kicks.**

**GRAPEVINE (VINE) AND SLIDE**

- 17 Step side left
- 18 Cross right foot behind left
- 19 Step side left
- 20 Touch right foot to left and clap hands

**/Put some arm styling in the jump. Straighten both arms out to the side on the jump. Bring the arms back to the body on the drag.**

- 21 Jumping off the left foot, step side right (this is a long step right)
- 22 Drag left foot over to right foot
- 23 Step together left
- 24 Step in place (replace) right

**JUMPING JACKS**

- 25 Jump, landing with feet apart
- & Jump, landing with feet together
- 26 Jump, landing with feet apart
- & Jump, turning 1/2 left, landing with feet together
- 27 Jump, landing with feet apart
- & Jump, landing with feet together
- 28 Jump, landing with feet apart

**CHUGS**

**/The weight is on the ball of the Left foot. Step four times on the ball of the Right foot to complete a 1/2 turn to face LOD again.**

- 29 Push off with right foot, 1/8 turn left off of left foot
- 30 Push off with right foot, 1/8 turn left off of left foot
- 31 Push off with right foot, 1/8 turn left off of left foot
- 32 Push off with right foot, 1/8 turn left off of left foot

**REPEAT**

**/The Hip Hop has 96 counts. The Hip Hop Bang Bang has 64 counts. The 32 count Cowboy Hip Hop is probably the cutest of the Hip Hops. It is an easy dance for all ages.**

**/This becomes a "super fun" dance when danced in lines facing. Have half the floor face west and half face east for a Contra Line dance. It may also be done with two lines facing.**

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Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA  
Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 \*charged at 10p per minute