

CROSS LEGGED POSITION, SCUFF, HEEL SWIVELS, VINE LEFT

- 1 Step left foot over right, into cross-legged position.
2 Right foot down in place.
3 Scuff left heel to left
4 Touch left toe to left.
5 Swivel left heel to left, and at the same time bending knee inwards.
6 Left heel back in place.
7,8 Repeat counts 5,6 (count 6 is Q step)
9 (Q) cross right foot behind left (two-step grapevine left) x2 (QQSS, QQSS)
10,11 (S) step left
12,13 (S) cross right foot behind left
14 - 19 Repeat counts 8-13
20 Pivot 1/2 turn to right on balls of both feet
21 (Now facing wall to rear of starting position with back to audience) bring left foot into place.

HEEL SWIVELS, FORWARD DOUBLE SCOOTs

- 22 Swivel right heel to right
23 Right heel back in place.
24 Swivel left heel to left.
25 Left heel back in place.
26 - 27 Repeat counts 24-25
28 - 30 Three double scoots forward.

HEEL/TOE, TOE/HEEL MOVEMENTS, TO THE LEFT

- 31 Swivel left heel to left
32 Swivel left toe to left
33 Swivel right toe to left
34 Swivel right heel to left
35 - 46 Repeat counts 31-34 four times (now facing start again)

HIP GRINDS & TUSH PUSHES

- 47 - 50 Hip grind to the left (get raunchy!)
51 - 54 Repeat counts 47-50.
55 Push hips forward, and at the same time pull bent arms backwards
56 Push hips back, and at the same time push bent arms forwards
57 58 repeat counts 55, 56.

KNOCK KNEES; & RETURN TO CROSS-LEGGED START POS.

- 59 Feet slightly apart swivel heels out (heel splits)
60 Heels back in place.
61,62 Repeat counts 59-60.
63,64 Scuff left heel forward, hook across right leg ready to begin again.

REPEAT