

**HEEL DIG/HOOK/HIP BUMPS**

1 - 2 Touch left heel forward, hook left heel across front of right knee.  
3 & 4 Step left forward & bump hips left, right, left.

**HEEL DIG/HOOK/HIP BUMPS**

5 - 6 Touch right heel forward, hook right heel across front of left knee.  
7 & 8 Step right forward & bump hips right, left, right.

**VINES/CLAPS/1/4 TURN**

9 - 11 Step left to left side, cross right behind left, step left to left side & lean left while facing right.  
12 Clap, clap.  
13 - 15 Step right to right side, cross left behind right, step right to right side & lean right while facing left making 1/4 turn left.  
16 Clap, clap.

**HEEL SWITCHES/HOPS**

17 & Touch left heel forward, step left beside right.  
18 & Touch right heel forward, step right beside left.  
19 & 20 Step left forward, hop forward twice on left (raise right foot up behind with bent knee).

**/Or left shuffle forward as an easier option at Suicidal Speed****1/2 PIVOT TURN/STEP/STOMP/STOMP**

21 - 22 Step right forward 1/2 pivot turn left on ball of left foot, step left forward.  
23 & 24 Step right forward, stomp left beside right, stomp right beside left.

**KICK BALL CHANGES/MAMBO ROCKS**

25 & 26 Kick left foot forward, step left beside right, step right forward.  
27 & 28 Step left, rock right, step left beside right.  
29 & 30 Kick right foot forward, step right beside left, step left forward.  
31 & 32 Step right, rock left, step right beside left.

**REPEAT**

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