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- 1 Touch left heel out on left diagonal
 - 2 Cross left foot over right leg
 - 3 Step left foot out on left diagonal
 - 4 Slide right foot to meet left & change weight to right foot
 - 5 Touch left heel out on left diagonal
 - 6 Cross left foot over right leg
 - 7 Step left foot out on left diagonal
 - 8 Slide right foot to meet left & do not change weight to right foot
 - 1 Step back on right diagonal with right foot
 - 2 Drag left foot to meet right & change weight to left foot & clap
 - 3 Step back again on right diagonal with right foot
 - 4 Drag left foot to meet right & do not change weight to left foot & clap
 - 5 Step back on left diagonal with left foot
 - 6 Drag right foot to meet left & change weight to right foot & clap
 - 7 Step back again on left diagonal with left foot
 - 8 Drag right foot to meet left & do not change weight to right foot & clap
 - 1 Touch right heel out on right diagonal
 - 2 Cross right foot over left leg
 - 3 Step right foot out on right diagonal
 - 4 Slide left foot to meet right & change weight to left foot
 - 5 Touch right heel out on left diagonal
 - 6 Cross right foot over left leg
 - 7 Step right foot out on right diagonal
 - 8 Slide right foot to meet right & do not change weight to left foot and clap
 - 1 Step back on left diagonal with left foot
 - 2 Drag right foot to meet left & change weight to right foot & clap
 - 3 Step back again on left diagonal with left foot
 - 4 Drag right foot to meet left & do not change weight to right foot & clap
 - 5 Step back on right diagonal with right foot
 - 6 Drag left foot to meet right & change weight to left foot & clap
 - 7 Step back again on right diagonal with right foot
 - 8 Drag left foot to meet right & do not change weight to left foot & clap
 - 1 Step left with left foot
 - 2 Step right foot behind right
 - 3 Step left again with left foot, turn 1/4 turn to your left
 - 4 Scuff right heel
 - 5 Step right with right foot
 - 6 Step left foot behind right
 - 7 Step right again with right foot
 - 8 Stomp left foot
 - 1 - 2 Wiggle hips twice to the left
 - 3 - 4 Wiggle hips twice to the right
 - 5 Wiggle hips left
 - 6 Wiggle hips right
 - 7 Wiggle hips left
 - 8 Wiggle hips right
 - 1 Scuff left foot
 - 2 Step forward on left foot
 - 3 Scuff right foot
 - 4 Step forward on right foot
 - 5 Walk backward left
 - 6 Walk backward right
 - 7 Walk backward left
 - 8 Touch right next to left
 - 1 Scuff right foot
 - 2 Step forward on right foot

- 3 Scuff left foot
- 4 Step forward on left foot
- 5 Walk backward right
- 6 Walk backward left
- 7 Walk backward right
- 8 Touch left next to right

REPEAT

/After going through this dance 3 times, there will be a 32 count break in the music. The following are moves designed for the break.

/Do the twist. (count 1-8, then 1-7) on count 8, turn 1/2 turn to you left. Repeat last 16 counts again.