

STEP FORWARD RIGHT, 1/4 TURN LEFT, REPEAT 3 TIMES

- 1 - 2 Step forward right. Turn 1/4 to left
3 - 4 Bounce at knees twice
5 - 6 Step forward right. Turn 1/4 to left
7 - 8 Bounce at knees twice
9 - 10 Step forward right. Turn 1/4 to left
11 - 12 Bounce at knees twice
13 - 14 Step forward right. Turn 1/4 to left
15 - 16 Bounce at knees twice.

WALK FORWARD RIGHT, LEFT, WALK BACK RIGHT, LEFT

- 17 - 18 Walk forward right. Walk forward left
19 - 20 Walk back right. Walk back left

SIDE STEP RIGHT, SIDE STEP LEFT, TURNING 1/2 RIGHT

- 21 - 22 Step right to right side. Step left beside right
23 - 24 Step right to right side. Step left beside right
25 - 26 Step left to left side. Step right beside left
27 - 28 Step left to left side. Step right beside left
29 - 32 Turn 1/2 to left walking right, left, right, left

REPEAT

/During each bounce in counts 1-16, elbows should be out at shoulder height with arms hanging down, and fists closed. During counts 21-28 move your arms in a 'Supremes' fashion