

**CHURCH LADY STEPS**

- 1 - 2 Step forward with your right foot as you roll your hip to the right
- 3 - 4 Step forward with your left foot as you roll your hip to the left
- 5 - 6 Step forward with your right foot as you roll your hip to the right
- 7 - 8 Step forward with your left foot as you roll your hip to the left

**HEEL HOOKS & HEEL SWIVELS**

- 1 Touch right heel forward
- 2 Hook right heel up to left knee
- 3 Touch right heel forward
- 4 Touch right foot together
- 5 Swivel both heels to the right
- 6 Swivel both heels back to center
- 7 Swivel both heels to the right
- 8 Swivel both heels back to center
- 1 Touch left heel forward
- 2 Hook left heel up to right knee
- 3 Touch left heel forward
- 4 Touch left foot together
- 5 Swivel both heels to the left
- 6 Swivel both heels back to center
- 7 Swivel both heels to the left
- 8 Swivel both heels back to center

**ROLLING VINES & HEEL TOUCHES**

- 1 Stepping to the right, start your full turn to the right
- 2 Still traveling to the right, step with your left foot continuing your turn
- 3 Stepping onto your right foot, you will have completed your full turn
- 4 Touch your left heel forward
- 5 Shift your weight onto your left foot & touch your right heel forward
- 6 Shift your weight onto your right foot & touch your left heel forward
- 7 Clap
- 8 Clap
- 1 Stepping to the left, start your full turn to the left
- 2 Still traveling to the left, step with your right foot continuing your turn
- 3 Stepping onto your left foot, you will have completed your full turn
- 4 Touch your right heel forward
- 5 Shift your weight onto your right foot & touch your left foot forward
- 6 Shift your weight onto your left foot & touch your right foot forward
- 7 Clap
- 8 Clap

**BACK STEPS & CLAPS**

- 1 Step diagonally back with your right foot
- 2 Step together with your left foot as you clap
- 3 Step diagonally back with your left foot
- 4 Step together with your right foot as you clap
- 5 Step diagonally back with your right foot
- 6 Step together with your left foot as you clap
- 7 Step diagonally back with your left foot
- 8 Step together with your right foot as you clap

**HIP GRINDS & STOMPS**

- 1 Do a hip grind to the left
- 2 Do a hip grind to the left
- 3 Do a hip grind to the left
- 4 Do a hip grind to the left

**/These hip grinds are from a 12:00 position to a 9:00 position to a 6:00 position to a 3:00 position, back to a 12:00 position. Do not roll as if you were using a hula hoop.**

- 5 Stepping with your right foot, make a 1/4 turn to the right
- 6 Stomp up together with your left foot
- 7 Stepping with your left foot, make a 1/2 turn to the left
- 8 Stomp up together with your right foot

**/You are now facing your new wall.**

- 1 Feet & knees together twist down to the right
- 2 Feet & knees together twist down to the left
- 3 Feet & knees together twist up to the right
- 4 Feet & knees together twist up to the left

**REPEAT**