

**HEEL HITCH AND SLIDE**

- 1 Touch right heel forward
- 2 Hitch heel at left ankle
- 3 Step slight 45 angle forward with right
- 4 Slide left to right-together/shift weight right
- 5 - 8 Repeat to the left
- 9 - 12 Repeat again right
- 13 - 16 Repeat again left

**/Variation taught for hitch: kick ball change, then slide****KNEE ROLLS AND DUCK WALK**

- 1 Roll right knee inward
- 2 Roll right knee outward
- 3 Roll left knee inward
- 4 Roll left knee outward

**/This "duck walk" is a swiveling motion on the ball of each foot as you step:**

- 5 Walk forward with right-heel leads/toe & knee point outward!
- 6 Walk forward with left-repeat above movement
- 7 - 8 Repeat 5-6

**1/4 TURN, TOE TOUCHES, JAZZ BOX & JUMP**

- 1 Step forward with right
- 2 Touch left to the side as you 1/4 turn right
- 3 Cross left over right
- 4 Point right to the side
- 5 Cross right over left
- 6 Step straight back with left
- 7 Step to the side with right
- 8 Jump both feet forward slightly

**KICK BALL CHANGE, MILITARY PIVOTS**

- 1 Kick right forward
- & Step on ball of right
- 2 Step weight on left
- 3 Step forward right
- 4 Pivot on ball of right-1/2 turn left (weight on left)
- 5 Kick right forward
- & Step on ball of right
- 6 Step weight on left
- 7 Step forward right
- 8 Pivot on ball of right-1/2 turn left (weight on left)

**SHIMMY (WIGGLES) \* OR HIP ROLLS \***

- 1 - 4 Step right- slide left to right-shimmy body (shift weight left)
- 5 - 8 Step left- slide right to left-shimmy body
- 1 - 4 Step left- slide right to left-shimmy body (make sure weight is left)

**REPEAT**