

HEEL JACK RIGHT & CROSS, HEEL JACK LEFT & CROSS TWICE

- & 1 & 2 Heel jack back 45 degrees right on right, place left heel forward 45 degrees left, jump forward onto left, step right across left
- & 3 & 4 Heel jack back 45 degrees left on left, place right heel forward 45 degrees right, jump forward onto right, step left across right
- & 5 & 6 Heel jack back 45 degrees right on right, place left heel forward 45 degrees left, jump forward onto left, step right across left
- & 7 & 8 Heel jack back 45 degrees left on left, place right heel forward 45 degrees right, jump forward onto right, touch left next to right

HEEL JACK BACK LEFT-RIGHT-LEFT-RIGHT, BUMP LEFT, BUMP RIGHT

- 9 - 10 Moving backwards jump back onto left placing right heel forward, jump back on right placing left heel forward
- 11 - 12 Repeat last 2 counts
- 13 - 16 Move weight forward onto left bump hips twice left, move weight back onto right bump hips twice right

SWING HIPS LEFT-RIGHT-LEFT-RIGHT, CHANEY, ROCK

- 17 - 20 Swing hips forward onto left, back onto right, forward onto left, back onto right
- 21 & 22 Shuffle left across right moving forward 45 degrees right
- 23 - 24 Rock to right on right, replace weight onto left

CHANEY, ROCK, CHANEY, STOMP, CLAP

- 25 & 26 Shuffle right across left moving 45 degrees left
- 27 - 28 Rock to left on left, replace weight onto right
- 29 & 30 Shuffle left across right moving forward 45 degrees right
- 31 - 32 Stomp right apart, clap

EXTENDED HEEL SPLITS IN OUT IN, SHOULDER PUSH

- 33 - 36 Toes together, heels together, heels apart, toes apart
- 37 - 40 Toes together, heels together, hands forward in step position as right shoulder is pushed forward twice

EXTENDED HEEL SPLITS OUT IN OUT, SHOULDER PUSH

- 41 - 44 Heels out, toes out, toes in, heels in
- 45 - 48 Heels out, toes out, hands in stop position push right shoulder forward twice

BUMP, BUMP, STOMP, SPIN, STOMP, BUMP, BUMP

- 49 - 52 Bump hips right, bump hips left brushing right foot up behind left knee, stomp right forward, hold
- 53 - 56 Spin full turn left on ball of left foot using right to push off, stomp right to right, bump hips to right twice

SAILOR, TURN-POINT, STEP-POINT, CROSS, UNWIND

- 57 & 58 Step left behind right, step right to right, step left to center (reverse this position in the next 2 beats)
- & 59 - 60 Jump 1/2 turn right replacing the left foot position with the right, touch the left toe to the side, hold
- & 61 - 62 Step left to center, touch right to side, hold
- 63 - 64 Step right across left, unwind 3/4 left

REPEAT

/Optional steps for counts 33-48

APPLEJACKS

- 33 & 34 & "Applejacks" left, center, right, center
- 35 & 36 & Repeat 33&34&
- 36 & 38 & Repeat 33&34&
- 39 - 40 Two shoulder pushes
- 41 - 48 Repeat those last 8 counts