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- 1 - 2 Kick right foot forward, hook over left (right hand forward cross over body)
3 - 4 Kick right foot forward, step right next to left (right hand forward, right hand to buckle)
5 - 6 Fan right toe out, right heel out (lean into fan) (right hand out roll hand palm down)
7 - 8 Fan right heel in, right toe in (roll hand palm out, right hand to buckle)
1 - 2 On left foot toe strut back (45 degrees right)
3 - 4 On right foot toe strut back (45 degrees right)
5 - 6 Jump shoulders back slightly, hold (bending right knee)
7 - 8 Jump shoulders back slightly more, hold (bending right knee)
1 - 2 Jump shoulders back twice
3 - 4 Jump shoulders forward to upright position, weight on left
5 - 6 Step right to side (facing 9:00) & twist 1/8 turn right stepping left next to right
7 - 8 Step back on right, step left next to right
1 - 2 Step right to side & twist 1/4 turn right, stepping left next to right
3 - 4 Step right back, step left next to right
5 - 6 Step forward on right, hitch left
7 - 8 Step left back, step right next to left
1 - 2 Step forward on left, kick right forward
3 Swivel 1/2 turn left on left keeping right leg in same position (right left now end up behind)
4 Scoot forward on left, whilst hitching right, running man steps
5 - 6 Step forward on right, slide back while lifting left slightly
7 - 8 Step forward on left, slide back while lifting right slightly
1 - 2 Step back on right foot, tap left toe back
3 - 4 Step left forward & scoot while hitching right
5 - 6 Step forward on right, pivot 1/2 turn left weight left
7 - 8 Step forward on right, pivot 1/4 turn left weight left
1 - 2 Scuff right forward & lift, slap right knee with right hand
3 - 4 Tap right heel forward then across left leg and slap heel with left hand
5 & 6 Tap right heel forward, step right back, step left forward at 45 degrees left
7 - 8 Step right next to left feet apart, swivel right heel out
1 - 2 Swivel right heel in, lift right leg back slap heel behind with right hand
& 3 - 4 Step right foot down and hitch left & slap knee with right hand, tap left toe back
5 - 6 Kick left forward, cross left over right
7 - 8 Unwind 5/8 turn to right (facing 6:00)

REPEAT

/This dance is designed to start on vocals but because of the exceptionally long introduction, I have included a tag

- 1 - 2 Rock/step right to right side (raising hands fisted chest height & swing them to the left)
3 - 4 Rock back onto left sliding right next to left swinging hands back to the front
5 - 8 Repeat last 4 counts to left
1 Lift right leg over left, slap right heel with left hand
2 Twist left foot 1/4 turn left while swinging right leg behind & grabbing right foot with right hand
3 - 4 Step right foot down while placing left heel forward, hold
5 Twist 1/4 turn left on left bringing right together
6 - 8 Hold

/The sequence is:

/Introduction > tag twice

/Complete 2 walls of dance > tag twice

/Complete 2 walls of dance > tag twice

/Complete 3 walls of dance > tag once