

COOL RUNNING MAN STEPS

- 1 Jump feet apart, placing right foot diagonally-forward right, and left foot diagonally-back left
& Bring feet together, hitching left knee
2 Jump feet apart, placing left foot diagonally-forward left, and right foot diagonally-back right
& Bring feet together, hitching right knee
3 Jump feet apart, placing right foot diagonally-forward right, and left foot diagonally-back left
& Bring feet together, hitching right knee
4 Jump feet apart, placing right foot diagonally-forward right, and left foot diagonally-back left
& Bring feet together, hitching left knee
5 Jump feet apart, placing left foot diagonally-forward left, and right foot diagonally-back right
& Bring feet together, hitching right knee
6 Jump feet apart, placing right foot diagonally-forward right, and left foot diagonally-back left
& Bring feet together, hitching left knee
7 Jump feet apart, placing left foot diagonally-forward left, and right foot diagonally-back right
& Bring feet together, hitching right knee
8 Jump feet apart, placing left foot diagonally-forward left, and right foot diagonally-back right
& Bring feet together, hitching right knee

KICK-BALL-POINTS (THESE ARE AN ALTERNATIVE TO THE COOL RUNNING MAN STEPS)

- 1 & 2 Kick right foot forward, step on ball of right foot beside left, touch left foot out to left side
3 & 4 Kick left foot forward, step on ball of left foot beside right, touch right foot out to right side
5 & 6 Kick right foot forward, step on ball of right foot beside left, touch left foot out to left side
7 & 8 Kick left foot forward, step on ball of left foot beside right, touch right foot out to right side

HEEL TOUCH, TURNING TOE TOUCH, STEP TOGETHER

- 9 Touch right heel forward
10 Touch right toe back and turn 1/2 right on ball of left foot
11 Touch right heel forward
12 Step on right foot in place

HEEL TOUCH, TURNING TOE TOUCH, STEP TOGETHER

- 13 Touch left heel forward
14 Touch left toe back and turn 1/2 left on ball of right foot
15 Touch left heel forward
16 Step on left foot in place

ROCK FORWARD, ROCK BACK

- 17 Rock forward onto right foot
18 Recover weight onto left foot
19 Rock back on right foot
20 Recover weight to left foot

SYNCOPATED ROCK STEPS, AND STOMP

- 21 Rock forward onto right foot
& Recover weight onto left foot
22 Rock back on right foot
& Recover weight to left foot
23 Rock forward onto right foot
& Recover weight to left foot
24 Stomp right foot beside left

"DWIGHT MCCHORD" STEPS

- 25 Swivel left toes to right side, lifting right foot from floor
& Swivel left heel to right side, and touch right foot beside left
26 Swivel left toes to right side, lifting right foot from floor
& Swivel left heel to right side, and touch right foot beside left

STEP RIGHT, TOUCH TOGETHER

27 Step on right foot slightly to right side
28 Touch left foot beside right (weight remains on right foot)

3-STEP 1 1/4 TURN TO LEFT, AND JUMP!

29 Step on left foot turning 1/2 left
30 Step on right foot turning 1/4 left
31 Step on left foot turning 1/2 left
32 Jump forward on both feet

REPEAT

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