

**STOMP, STOMP / JUMP, CROSS, JUMP / TOUCH / STOMP, STOMP**

- 1 - 2 Weight on right foot, stomp left foot next to right foot, twice, weight ending on right foot  
3 Jump, ending with both feet shoulder width apart, weight on both feet  
4 Jump again, crossing right foot over left foot, weight on both feet  
5 Jump a final time, ending with feet apart, weight on left foot  
6 Weight remaining on left foot, slide or touch right foot next to left foot  
7 - 8 Weight remaining on left foot, stomp right foot twice

**SIDE / HITCH / CROSS / HOLD**

- 9 Weight remaining on left foot, touch / point right toe out to right side  
10 Weight remaining on left foot, hitch right knee crossed in front of left leg  
11 Cross right foot over left foot, weight on right foot  
12 Hold for one count!

**TWIST / TWIST / TURN AROUND**

- 13 Weight on both toes, twist heels to the right  
14 Weight on both toes, twist heels to the left  
15 - 16 Unwind by turning 1/2 turn left, weight equally on both feet (gentleman placing hands at hips on count 16)

**HANGING OUT WOMEN'S STEPS: GRAB BLOUSE & PULL IT OFF, SHAKE 'EM FRONT / SHAKE 'EM BACK**

- 17 Weight on both feet, cross right hand to left hip, leaving it there  
18 Weight on both feet, cross left hand to right hip, leaving it there  
19 - 20 Raise hands up & uncross over head, kinda' wiggling hips & body, as if wriggling out of blouse  
21 - 22 Bringing hands back down to sides, weight equally on both feet, bend forward from waist and shimmy shoulders for 2 counts  
23 - 24 Straighten up, shimmying back, weight ending on right (see variations)

**HANGING OUT MEN'S STEPS: GRAB PANTS & SLIDE 'EM DOWN (HIP / HIP / HIP / HOLD); LOOK AT ME / LOOK AT ME (HEEL, HOME / HEEL, HOME)**

- 17 - 20 Weight on both feet, slightly bending from the waist, fists already at hips, slide right hand down a little (popping out left knee), left hand down a little (popping out right knee); right hand down (popping out left knee) simulating removal of pants & hold, weight ending on right (see variations)  
21 Weight on right, tap left heel 45: diagonally forward  
22 Step left foot next to right foot, weight on left foot  
23 Weight on left, tap right heel 45: diagonally forward  
24 Step right foot next to left foot, weight on right foot (the stance or spread of legs, will be determined by how much the gentleman wishes to "brag!")

**SCOOT, SCOOT / ROCK / TURN**

- 25 - 26 Weight remaining on right foot, lift left knee in a "reverse chug" and scoot back on right foot twice  
27 Step left foot back, rocking weight to it  
28 Begin 1/4 turn right by stepping right foot 1/4 right, weight on it

**SWAY LEFT / SWAY RIGHT**

- 29 - 30 Complete turn, step left foot next to right, rocking weight to left foot, swaying hips and body to left  
31 - 32 Rocking weight to right foot, swaying hips and body to right, ending with weight on right foot

**REPEAT****VARIATIONS:****LOW IMPACT VERSION (INSTEAD OF JUMPING)**

- 3 Step left foot to left side, weight on it  
4 Cross right foot over left foot, weight on right foot  
5 Step left foot to left side, weight on it

**/On steps 17-24: (especially for music other than Nude Bootscootin', dancers might do hip bumps or body rolls) or substitute any favorite fast 8 count variation.**