

KICK-BALL-CHANGE, STEP, PIVOT, RIGHT SIDE SHUFFLE, ROCK, STEP

- 1 & 2 Kick right foot forward & step down on ball of right foot, step on left foot
3 - 4 Step forward on right foot, pivot 1/4 turn to the left (weight on left foot)
5 & 6 Shuffle directly to right side, (stepping right with right foot, sliding left foot up beside right, stepping right with right foot)
7 - 8 Rock back on left foot, step forward on right foot

TOUCH, PAUSE, KNEE POPS, HIP SWAYS, DOWN, UP

- 9 - 10 Place ball of left foot out to left side (about shoulder width apart), hold for one count (weight still on right foot)
11 - 12 While raising heel of left foot, pop left knee forward twice
13 - 14 Sway hips two counts as you lower your body, left, right
15 - 16 Sway hips two counts as you raise your body left, right

LEFT SIDE SHUFFLE, ROCK, STEP, RIGHT SIDE SHUFFLE, ROCK, STEP

- 17 & 18 Shuffle directly to left side, (step left with left foot, sliding right foot up beside left, step left with left foot)
19 - 20 Rock back on right foot, step forward on left foot
21 & 22 Shuffle directly to right side, (stepping right with right foot, sliding left foot up beside right, stepping right with right foot)
23 - 24 Rock back on left foot, step forward on right foot

LEFT SIDE SHUFFLE, ROCK, STEP, SLIDE, PAUSE, KNEE POPS

- 25 & 26 Shuffle directly to left side, (step left with left foot, sliding right foot up beside left, step left with left foot)
27 - 28 Rock back on right foot, step forward on left foot
29 - 30 Slide right foot beside left, hold for one count (weight still on left foot)
31 - 32 While raising heel of right foot, pop right knee forward twice

REPEAT