

SLOW MOTION RUNNING MAN STEPS

- 1 Step right foot slightly forward at same time touch left toe back
- 2 Bring right foot back in place at same time hitch left leg
- 3 Step left foot slightly forward at same time touch right toe back
- 4 Bring left foot back in place at same time hitch right leg
- 5 Step right foot slightly forward at same time touch left toe back
- 6 Bring right foot back in place at same time hitch left leg
- 7 Step left foot slightly forward at same time touch right toe back
- 8 Bring left foot back in place at same time hitch right leg

SIDE SHUFFLE RIGHT, ROCK STEP, STEP LEFT, PIVOT 1/2 RIGHT, KNEE POPS

- 9 & 10 Step right to right, left next to right, step right
- 11 - 12 Rock back on left, replace weight onto right
- 13 - 14 Step left forward, pivot 1/2 turn right at same time bring right foot next to left
- 15 - 16 Pop left knee forward, straighten left as you pop right knee forward

FULL TURN TO RIGHT, CROSS STEP RIGHT, CROSS STEP LEFT, LONG STEP RIGHT, SLIDE LEFT

- 17 - 18 Step right 1/4 to right, pivot 1/2 on ball of right foot placing weight on left
- 19 & 20 1/4 turn right placing weight onto right foot, step left next to right, cross step right over left
- 21 & 22 Step left foot to left, step right next to left, cross step left over right
- 23 - 24 Step right long step to right, slide left next to right

1/4 TURN LEFT SHUFFLE, RIGHT TOE STRUT, LEFT TOE STRUT, STEP RIGHT, LEFT

- 25 & 26 Step left making 1/4 turn left, slide right next to left, step forward left
- 27 - 28 Touch right toe forward, place heel to floor, (click fingers on count 28)
- 29 - 30 Touch left toe forward, place hell to floor, (click fingers on count 30)
- 31 - 32 Step right, step left

REPEAT
