

TOE STRUTS FORWARD X4

- 1 Touch right toe forwards
- 2 Release right heel to floor & put weight on it
- 3 Touch left toe forwards
- 4 Release left heel to floor & put weight on it
- 5 Touch right toe forwards
- 6 Release right heel to floor & put weight on it
- 7 Touch left toe forwards
- 8 Release left heel to floor & put weight on it

STEP, CLAP, TURN, CLAP, TURN, CLAP, BALL-CHANGE, CLAP

- 9 - 10 Step right foot forwards, hold & clap hands
- 11 1/4 turn left & step on left foot in place
- 12 Hold & clap hands
- 13 1/4 turn right & step on right foot in place
- 14 Hold & clap hands
- & Step back onto ball of left foot
- 15 Step on right foot in place
- 16 Hold & clap hands

TOE STRUTS FORWARD X4

- 17 Touch left toe forwards
- 18 Release left heel to floor & put weight on it
- 19 Touch right toe forwards
- 20 Release right heel to floor & put weight on it
- 21 Touch left toe forwards
- 22 Release left heel to floor & put weight on it
- 23 Touch right toe forwards
- 24 Release right heel to floor & put weight on it

STEP, CLAP, TURN, CLAP, TURN, CLAP, BALL-CHANGE, CLAP

- 25 - 26 Step left foot forwards, hold & clap hands
- 27 1/4 turn right & step on right foot in place
- 28 Hold & clap hands
- 29 1/4 turn left & step on left foot in place
- 30 Hold & clap hands
- & Step back onto ball of right foot
- 31 Step on left foot in place
- 32 Hold & clap hands

STEP, HOLD, TURN, HOLD, STEP, HOLD, TURN, HOLD

- 33 - 34 Step right foot forwards, hold
- 35 - 36 1/4 pivot turn left, hold
- 37 - 38 Step right foot forwards, hold
- 39 - 40 1/4 pivot turn left, hold

'ELVIS KNEES'

- 41 - 42 Pop right knee across left leg, hold
- 43 - 44 Straighten right leg & pop left knee across right leg, hold
- 45 Straighten left leg & pop right knee across left leg
- 46 Straighten right leg & pop left knee across right leg
- 47 - 48 Straighten left leg & pop right knee across left leg, hold

/Weight should be on the left.**REPEAT**