

STEP LEFT, BEND, STRAIGHTEN AND SHOULDER PUMPS

- 1-4 Step left foot out to left, slowly bend left leg leaning to left side, hands on upper thighs
& Start to slowly straighten left leg to standing position while pumping right shoulder up and left shoulder down (shoulder pumps start between counts 4-5 on the & count)
5 Continue to slowly straighten left leg while pumping left shoulder up and right shoulder down
& Continue to slowly straighten left leg while pumping right shoulder up and left shoulder down
6 Continue to slowly straighten left leg while pumping left shoulder up and right shoulder down
& Continue to slowly straighten left leg while pumping right shoulder up and left shoulder down
7 Continue to slowly straighten left leg while pumping left shoulder up and right shoulder down
& Continue to slowly straighten left leg while pumping right shoulder up and left shoulder down
8 Finish straightening left leg while pumping left shoulder up and right shoulder down

BEND, STRAIGHTEN AND SHOULDER PUMPS

- 1-4 Slowly bend right leg leaning to right side, hand on upper thighs
& Start to slowly straighten right leg to standing position while pumping right shoulder up and left shoulder down (shoulder pumps start between counts 4-5 on the & count)
5 Continue to slowly straighten left leg while pumping left shoulder up and right shoulder down
& Continue to slowly straighten left leg while pumping right shoulder up and left shoulder down
6 Continue to slowly straighten left leg while pumping left shoulder up and right shoulder down
& Continue to slowly straighten left leg while pumping right shoulder up and left shoulder down
7 Continue to slowly straighten left leg while pumping left shoulder up and right shoulder down
& Continue to slowly straighten left leg while pumping right shoulder up and left shoulder down
8 Finish straightening left leg while pumping left shoulder up and right shoulder down

1/4 TURN, 2X, 1/8 TURN, 4X

- & 1/4 turn left while pumping right shoulder up and left shoulder down
1 Touch right toe to right side while pumping left shoulder up and right shoulder down
2 Hold
& 1/4 turn left while pumping right shoulder up and left shoulder down
3 Touch right toe to right side while pumping left shoulder up and right shoulder down
4 Hold

& 1/8 turn left while pumping right shoulder up and left shoulder down
5 Touch right toe to right side while pumping left shoulder up and right shoulder down
& 1/8 turn left while pumping right shoulder up and left shoulder down
6 Touch right toe to right side while pumping left shoulder up and right shoulder down
& 1/8 turn left while pumping right shoulder up and left shoulder down
7 Touch right toe to right side while pumping left shoulder up and right shoulder down
& 1/8 turn left while pumping right shoulder up and left shoulder down
8 Touch right toe to right side while pumping left shoulder up and right shoulder down

STEP, HOLD, STEP, HOLD, STEP, STEP, STEP, HANDS

- 1-2 Step right foot forward, Hold
3-4 Step left foot forward, Hold
5-6 Step right foot forward, Step left foot forward
7-8 Step right foot forward, Elbows out hands up at face level (like a goal post on a football field)

SLOW BEND, SLOW 1/2 TURN, STRAIGHTEN UP

- 1-4 Slowly bend legs keeping hands in "Goal Post" position
5-8 Slowly pivot 1/2 turn left and slowly straighten up bringing hands down

VINE RIGHT, TOUCH LEFT, 3-STEP TURN LEFT, STEP RIGHT

- 1-4 Step right foot to right, Cross-step left foot behind right foot, Step right foot to right, Touch left foot beside right foot
5-8 Turn 1/4 left stepping forward on left foot, Turn 1/2 left on left foot stepping back on right foot, Turn 1/4 left on right foot stepping left foot to left side, Step right foot next to left foot

START AGAIN! HOPE YOU ENJOY!
