

KICK & STEP FORWARD

/Important: walk forward when stepping down

- 1 Kick right leg in front and across left
- 2 Step down on right with slightly bent knee at home position-weight on right
- 3 Straighten right leg and kick left leg in front and across right
- 4 Step down on left with slightly bent knee at home position-weight on left
- 5 - 8 Repeat 1-4

KICK / TOUCH BACK / 1/2 TURN PIVOT

- 1 - 3 Kick right leg forward-kick right leg back-kick right leg forward
- 4 Touch right toe down behind left heel & pivot 1/2 half turn to right & hitch right leg

SIDE SHUFFLES / ROCK STEPS

- 1 & 2 Shuffle to the right right-left-right
- 3 - 4 Rock step back on left-forward on right
- 5 & 6 Shuffle to the left-left-right-left
- 7 - 8 Rock step back on right-forward on left

CROSS ROCKS / SHUFFLES WITH TURNS

- 1 - 2 Cross rock step-right in front of left / rock back on to left
- 3 & 4 Shuffle right-left-right while turning 1/2 turn to right
- 5 - 6 Cross rock step-left in front of right / rock back on to right
- 7 - 8 Shuffle left-right-left while turning 1/4 turn to left

STEP TURNS / SHUFFLE BACK

- 1 - 2 Step forward on right-turn 1/2 turn to left
- 3 - 4 Step forward on right-turn 1/2 turn to left
- 5 & 6 Shuffle moving backward-right-left-right
- 7 & 8 Shuffle moving backward-left-right-left

STEP TURNS / SHUFFLE BACK

- 1 - 2 Step forward on right-turn 1/2 turn to left
- 3 - 4 Step forward on right-turn 1/2 turn to left
- 5 & 6 Shuffle moving backward-right-left-right
- 7 & 8 Shuffle moving backward-left-right-left

/If getting dizzy is a problem, counts "1" through "4" can be done as hip bumps in place right-left-right-left. Be sure to travel backwards on counts 5-8.

REPEAT