

Start 30 seconds into track on vocals "where do we go from here"
Pattern of dances A, B, A, B, first 1/2 of A, A with hold for last 4 counts, Tag, C, Last 1/2 of A

A Pattern

1-8 Step Knee pop with hand turn, arm up down, circle up and in with arm

- 1&2 Step forward on right as you extend right hand in front of right knee with palm open and facing inward, pop right knee in as the hand follows the knee, pop knee back to center as hand follow but folding had at knuckles. Palm should still be facing in while fingers are bent at 90 degree pointing to the left
- &3-4 while bending elbow back, slide right hand up leg to waste, slide hand back down towards knee straightening arm, whit arm still straight lift arm up away from knee until its at a 45 degree angle pointing down.
- 5-6-7-8 raise arm in a circular motion up and then back into your chest

9-16 Circle out with arms, 1/2 turn, arms pull in, arms out with 1/2 turn

- 1-2 bring both hands up slightly as you touch index fingers together, bring right hand out and down to the right, bring left hand out and down to the left, like drawing a big circle with your fingers.
- 3-4 keeping feet in place make a 1/2 turn pivot over left shoulder while extending both arms out in front of you with fingertips touching, pull hands into chest as you roll up on the balls of both feet
- 5-6-7-8 roll back down on to flat feet as you extend arms back out in front of you(5) pivot a 1/2 turn back to the right as you swing arms out and then back into chest (letting right fingers slide into left palm and left fingers cover the back of the right hand

17-24 Elbow drops and return, head down up, out out, body lean, recover

- &1 drop elbows to 45 deg, return to center
- &2 drop body leaving arms where they are letting head drop behind hands, straighten back up (you may raise your hands slightly if needed)
- 3-4 step forward on left, step out on right as you separate hands and face palms up
- 5-6 lean out to left separating arms out to either side
- 7-8 return to neutral bringing hands back in together

24-32 Circle out with arms, point, point with drop, hand clasp, CW circle with arms

- 1-2 bring fingertips together at forehead level, separate fingers tracing circle ending with fingers together at waist level (same as counts 9-10, but smaller circle)
- 3-4 drop left hand while pointing right index finger to mouth, turn both knees in slightly as you drop slightly bringing right index finger down to point at chest
- 5-6-7-8 bring left hand up clasping together with right, make clockwise circle with body and arms (for 6-7-8)

33-40 Step with arm tut

- 1-2 step forward on right as you extend right arm bent at knuckles with fingers pointing left as left arm comes across hand bent at knuckles ending with back of fingers inside right forearm, slide left arm forward until left fingertips are inside of right palm
- 3&4 step left out to left side while bringing arms across to left side with left arm up bent at elbow and right arm bent at elbow across in front of chest, pull left hand inward pointing towards left shoulder as right hand follows underneath left fingers ending with right fingers underneath left with right palm facing down, slide right hand down to inside of left elbow
- &5&6 slightly bending knees leave right arm in place sliding left arm down so left fingers are back on the back of right fingers, slide left fingers over to right elbow, drop right elbow extending right arm up fingertips pointing up and left elbow pointing to left with left fingers around right elbow, straighten out left fingers as you push right elbow to right side letting back of right hand come into the palm of left
- 7&8 extend both hands upwards palms together fingertips pointing up, make a circle with hands (out and into body), releasing palms slightly bending body forward palms coming back together with fingertips pointing down

40-48 Tut

- 1-2 keeping palms together and pointing down bring hands up towards chest, leaving hands where they are straighten body up slightly
- 3-4 lean chest back down to hands, extend hands down
- 5-6 extend both hands out to either side fingertips pointing down, roll right hand up so palm faces up
- 7-8 roll left hand up so palm faces up, lift head and look forward
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49-56 1/2 turn paddle with spring back

- 1-2 stand up straight with hands still extended, chug 1/8 turn to left on right foot, let upper body go a bit further, return upper body to neutral
3-4 chug 1/8 turn to left on right foot, let upper body go a bit further, return upper body to neutral
5-6 chug 1/8 turn to left on right foot, let upper body go a bit further, return upper body to neutral
7-8 chug 1/8 turn to left on right foot, let upper body go a bit further, hold
Note: can be a little less than 1/2 turn

57-66 Sweep backs, out out, arm pop

- 1-2 sweep right leg back dropping arms making the turn back to the front wall
3&4 step back on right, step back on left, step out on right
5-6 with right arm bent at elbow bring across body down at waist level, slide right arm back to right
&-7 slide right arm forward across body at waist level, bring right arm up to shoulder level
8&1-2 slide right arm back to right side, push right arm slightly to left, push right arm further to left, make 1/4 turn left extending right arm fully

B Pattern.... This pattern starts on count 3

3-8 Rock step back, rock/recover, 1/2 turn triple

- 3&4 rock forward on right, recover on left, step back on right
5-6 press forward on left, recover on right
7&8 make a 1/2 turn over left as you shuffle left, right, left

9-16 1/2 turn with hitch, crossing heel grind, 1/4 turn out out

- 1-2 make a 1/2 turn over left while hitching up right
3& cross right over left grinding right heel, step left to left side
4& cross right over left grinding right heel, step left to left side
5& cross right over left grinding right heel, step left to left side
6& cross right over left grinding right heel, step left to left side
7&8 make 1/4 turn right stepping right to right side, step left out to left side,
Swinging both arms back slightly as you bend knees and roll body up from knees to chest

16-24 Hold, switch steps, step hold, switch steps

- 1-2 hold, tap right heel forward
&3&4 bring in right foot, tap left heel forward, bring in left foot, step forward on right as you drop right shoulder forward
5 hold
&6&7 bring in right foot, tap left heel forward, bring in left foot, tap right heel forward
&8 bring right foot in, step forward on left as you drop left shoulder forward

25-32 Side step, with tut

- 1&2 step left out to left side. as you bring both arms in front of chest, bent at elbows, left arm on top of right(1), slide right arm to right, left arm to left until left palm is on the back of right hand(&), extend right arm forward as you keep left hand on top of right arm, letting right arm slide underneath left hand until left hand is at elbow joint(2).
&3-4 bend right arm at elbow up towards you as you flex wrist so that right palm is facing down at the same time letting left hand slide up the arm until the left palm is on the back of the right hand(&) drop left elbow down so that left forearm is straight up and down, as you lift right elbow up keeping left hand on the back of the right(3) slide right hand down to the inside of the left elbow(4)
5-6 bring both hands up slightly as you touch index fingers together, bring right hand out and down to the right, bring left hand out and down to the left, like drawing a big circle with your fingers.
7-8 reverse the circle back up

33-40 Forward steps on heels, back steps, side behind, unwind 3/4, 1/2, swing hitch step

- &1 step forward and out on right heel, step out on left heel &2 step back on right, step back on left
&3-4 step right to right side, hook left behind right, unwind 3/4 turn weight ending on left
5-6 step forward on right, make 1/2 turn pivot over left
7-8 swing right leg forward hitching it up as you skip on left, step forward on right

41-48 Heel swivels, 1/2 turn, switch steps X3, side step

- &1-2 on heel of right and ball of left swivel right toe to right and left heel to left, make 1/2 turn pivot over left shoulder
&3-4 slide left foot back as you slide right foot forward, slide right foot back as you slide left foot forward, hold (travel back slightly during these steps)
&5-6 slide left foot back as you slide right foot forward, slide right foot back as you slide left foot forward, hold (travel back slightly during these steps)
&7-8 slide left foot back as you slide right foot forward, slide right foot back as you slide left foot forward, hold (travel back slightly during these steps)
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49-56 Body pumps, arm throw

- 1-2-3-4 step left out to left side, pulse body (x3)
5 bring right arm up and over like throwing a baseball to the left palm open
6-7-8 continue extending right arm forward as you close fingers sequentially from pinkie to thumb

56-64 Heel grind crosses, 1/4 turn rock/recover, 1/2 turn, 1/2 turn hitch

- 1&2 cross right over left, step left to left side, cross right over left
&3-4 step left to left side, cross right over left, rock left out to left side
5-6 recover making 1/4 turn left, make 1/2 turn over left stepping forward on left
7-8 make 1/2 turn sweep over left shoulder ending with weight on left right foot touch beside left

Tag 1-8 Ticking Steps forward

- 1-2 pick up right foot slightly, pick up right foot a little more,
3-4 extend right foot slightly, step down forward on right
5-6 pick up left foot slightly, pick up left foot a little more,
7-8 extend left foot slightly, step down forward on left

9-16 Ticking Steps forward

- 1-2 pick up right foot slightly, pick up right foot a little more,
3-4 extend right foot slightly, step down forward on right
5-6 pick up left foot slightly, pick up left foot a little more,
7-8 extend left foot slightly, step down forward on left

C Pattern

1-8 Pony steps back, with arm raises X4

- 1&2 step back slightly on right, step together with left, step back slightly on right,
with arms down by your side
3&4 step back slightly on left, step together with right, step slightly back on left,
with hands coming to waist high
5&6 step back slightly on right, step together with left, step back slightly on right,
with hands to your chest
7&8 step back slightly on left, step together with right, step slightly back on left,
with hands up and out to either side

9-16 Repeat counts 1-8

17-24 Repeat counts 1-8

25-32 Repeat counts 1-8

Good luck and have fun!!!!