

Start 8 slow beats after he shouts "Hit it"

RIGHT SCUFF HITCH TOUCH, HIP BUMPS, LEFT SCUFF HITCH TOUCH, HIP BUMPS

- 1 & 2 Scuff right foot forward, hitch right leg, touch right toes back
3 & 4 Bump hips right left right (weight ends back on right foot)
5 & 6 Scuff left foot forward, hitch left leg, touch left toes back
7 & 8 Bump hips left right left (weight ends back on left foot)

(Optional styling: Brush hands together as you scuff bringing the right hand up and back to end at the toe touch with the thumb and forefinger of both hands in an "OK" sign with the other fingers together and pointing up. On the hip bumps, pump left shoulder down up down, right shoulder up down up. Repeat with the left scuff but bringing left hand back, pump right shoulder down up down, left shoulder up down up)

RIGHT SAILOR, ¼ SAILOR TURN LEFT, RIGHT SIDE TOUCH, LEFT SIDE TOUCH

- 9 & 10 Step right foot behind left, step left to left side, step right to right side
11 & 12 Step left foot behind right, step right to right side turning ¼ turn left, step left to left side (9.00)
13 - 14 Touch right toes to right side, step right foot beside left (with Indian "Ray" head)
15 - 16 Touch left toes to left side, step left foot beside right (with Indian "Ray" head)

(Optional styling: Bring hands together in prayer position in front of body on count 12. On 13- 14, extend right arm to right side with hand in "OK" shape as above then bring back to prayer position. Repeat with left arm on 15-16.

Indian "Ray" head: remaining facing forward, move the head from side to side)

SIDE STEP TOUCH BEHIND X 2, ¼ PADDLE TURN LEFT

- 17 - 18 Step right foot to right side, touch left foot behind right
19 - 20 Step left foot to left side, touch right foot behind left
21 - 22 Step forward right & make 1/8 turn left rolling hips back & round from left to right
23 - 24 Step forward right & make 1/8 turn left rolling hips back & round from left to right (6 o'clock)
(Optional styling: As you step right to side, raise both arms up to left top diagonal, swing arms down across front of body to right bottom diagonal as you touch left behind right. As you step left to side, raise both arms up to right top diagonal, swing arms down across front of body to left bottom diagonal as you touch right behind left)

KICK & SIDE ROCK RECOVER X 3, LEFT KICK & POINT RIGHT

- 25 & 26 & Kick right foot forward, step right in place, rock left to left side, recover on right
27 & 28 & Kick left foot forward, step left in place, rock right to right side, recover on left
29 & 30 & (Repeat steps 25 & 26 &)
31 & 32 Kick left foot forward, step left in place, point right toes to right side

RIGHT & LEFT SAILORS TRAVELLING BACK, RIGHT COASTER, LEFT FORWARD SHUFFLE

- 33 & 34 Step right foot behind left, step left to left side, step right to right side
35 & 36 Step left foot behind right, step right to right side, step left to left side
37 & 38 Step back on right foot, step left foot beside right, step right foot forward
39 & 40 Step forward on left, close step right next to left, step forward on left

SYNCPATED ½ TURN LEFT, LEFT KICK & POINT (to finish at 12 o'clock)

- 41 & 42 Step forward on right foot, pivot half turn left stepping on left foot, step forward on right
43 & 44 Kick left foot forward, step left in place, point right foot to right side

Tag 1 (danced at the end of the first wall only, facing 12 o'clock):

RIGHT & LEFT MAMBO ROCKS FORWARD X 2 ANGLING BODY TO SIDE WALLS

- 1 & 2 Rock forward on right foot, recover on left, step right beside left
3 & 4 Rock forward on left foot, recover on right, step left beside right
5 - 8 (Repeat above 4 counts)

(Styling: On the right mambo rocks, angle body to 9 o'clock wall and extend right arm out to 12 o'clock wall and back in. On the left mambo rocks, angle body to 3 o'clock wall and extend left arm forward to 12 o'clock wall and back in.)

HIP BUMPS RIGHT, HIP BUMPS LEFT (WHILST "FEEDING THE CHICKENS")

- 9 - 12 Step diagonally forward on right, bending knees slightly, bump right hip to right 4 times, straightening up to count 4 (weight ends on right foot)
13 - 16 Bring weight back onto left foot, bending knees slightly, bump left hip to left 4 times, straightening up to count 8 (weight ends on left foot)
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(Feeding the chickens: As you bump your hips, bring both hands next to each other with palms facing upwards and shake them from side to side as if “feeding the chickens”)

SAILOR STEPS TRAVELLING BACK X 3, LEFT COASTER

17 & 18 Step right foot behind left, step left to left side, step right to right side
19 & 20 Step left foot behind right, step right to right side, step left to left side
21 & 22 Step right foot behind left, step left to left side, step right to right side
23 & 24 Step back on left foot, step right foot beside left, step left foot forward

Tag 2 (danced at the ends of walls 2, 6, 7 & 9):

SYNCOPATED ½ TURN LEFT, LEFT KICK & POINT

1 & 2 Step forward on right foot, pivot half turn left stepping on left foot, step forward on right
3 & 4 Kick left foot forward, step left in place, point right foot to right side

Tag 3 (danced at the end of wall 5):

SYNCOPATED ½ TURN LEFT, LEFT KICK & STEP, APPLEJACKS LEFT, RIGHT, LEFT, LEFT

1 & 2 Step forward on right foot, pivot half turn left stepping on left foot, step forward on right (12.00)
3 & 4 Kick left foot forward, step left in place, step right foot beside left
5 & 6 & Take weight on right toe and left heel, swivel right heel and left toe to left, return both feet to place, take weight on left toe and right heel, swivel left heel and right toe to right, return both feet to place
7 & 8 & Take weight on right toe and left heel, swivel right heel and left toe to left, return both feet to place, repeat (weight ends on left foot)
(Easy alternative to counts 5 – 8: Swivel both heels to left for count 5, both heels to centre for 6, both heels to right for count 7, both heels to centre for count 8, weight ends on left foot)
(Optional styling: On counts 5 – 8 &, bring hands together in prayer position in front of body and swing them left, right, left, left as you applejack)

To finish the dance at the end of wall 9 after the tag, sweep the right foot round for a half turn over the left shoulder to face 12 o'clock stepping the right beside the left and throw both arms up in the air – ta dah!!!

Choreographer's note: This dance is dedicated to the prettiest woman I know, my mum!

Music download available from iTunes

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