
POINT, TOUCH, SIDE, SLIDE, SCOOT, SCOOT, JUMPS

- 1 Touch right toe to right side
- 2 Touch right toe next to left foot
- 3 Step side with right foot
- 4 Slide left foot next to right
- 5 Scoot forward with weight on right foot while hitching left knee (chug)
- 6 Scoot forward with weight on right foot while hitching left knee (chug)
- 7 & 8 Jump forward three times with feet together

HEEL TWISTS, STOMP, STOMP, REPEAT

- 9 & 10 Twist both heels right, left, center
- 11 Stomp right foot next to left foot
- 12 Stomp right foot next to left foot
- 13 & 14 Twist both heels right, left, center
- 15 Stomp right foot next to left foot
- 16 Stomp right foot next to left foot

FORWARD JUMPS

- 17 Jump forward with feet slightly apart
- 18 Jump forward with feet slightly apart
- 19 Jump forward with feet slightly apart
- 20 Jump forward with feet slightly apart

/As you jump forward, pump arms (right forearm at chest level or higher while left hand is at waist level on first jump, switch arms for second jump, alternate etc.)

HIP BUMPS

- 21 Push hips left
- 22 Push hips back
- 23 Push hips right
- 24 Push hips forward

KICK-BALL-CHANGE, CROSS, UNWIND 3/4, BACK THREE, TOUCH

- 25 & 26 Kick forward right, rock back on right, step in place left
- 27 Cross right foot over left foot
- 28 Unwind 3/4 left, weight should stay on the right foot
- 29 Step back left
- 30 Step back right
- 31 Step back left
- 32 Touch right next to left

REPEAT