

PART A**KICK-BALL-WALK X3. TOE STRUT**

- 1 & 2 Kick right foot forward, step on the ball of the right foot, step left foot forward
3 & 4 Repeat 1&2
5 & 6 Repeat 1&2
7 - 8 Touch right toe forward, step down on right heel

TOE STRUT, ROCK STEP, SHUFFLE BACK RIGHT-LEFT-RIGHT. 1/2 TURN, SHUFFLE FORWARD LEFT-RIGHT-LEFT.

- 1 - 2 Touch left toe forward, step down on left heel
3 - 4 Rock step forward on right foot, rock step back on left foot
5 & 6 Shuffle backwards right, left, right
7 & 8 Make a 1/2 turn left on ball of right foot and shuffle forward left-right-left

KICK-BALL-WALK X 3. TOE STRUT

- 1 & 2 Kick right foot forward, step on the ball of the right foot, step left foot forward
3 & 4 Repeat 1&2
5 & 6 Repeat 1&2
7 - 8 Touch right toe forward, step down on right heel

TOE STRUT, ROCK STEP, SHUFFLE BACK RIGHT-LEFT-RIGHT. 1/2 TURN, SHUFFLE FORWARD LEFT-RIGHT-LEFT.

- 1 - 2 Touch left toe forward, step down on left heel
3 - 4 Rock step forward on right foot, rock step back on left foot
5 & 6 Shuffle backwards right, left, right
7 & 8 Make a 1/2 turn left on ball of right foot and shuffle forward left-right-left

SHAKE & GROOVE

- 1 - 4 Shake hips for 4 counts (shake them however you like)
5 - 8 Roll hips to the right twice using 4 counts with weight ending on left foot

SLOW --- LUNGE TO RIGHT, 1/4 TURN LEFT, RISE TO WEIGHT LEFT FOOT

- 1 - 4 Take a large step to right (count 1) bending right knee in a slow lunge using 4 counts
5 - 8 Make a 1/4 turn to left on balls of both feet (2 counts) and slowly push your weight to your left foot while straightening your right leg and pushing your chest forward.(2 counts)

PART B**TOE SWITCHES X4, CROSS, HOLD, ROCK LEFT, ROCK STEP RIGHT**

- 1 & 2 & Touch right toes forward, return right foot home, touch left toes forward, return left home
3 & 4 & Repeat 1&2& of this sequence
5 - 6 Cross right foot over left foot, hold count 6
7 - 8 Rock step left foot to left side, rock back to right foot

SAILOR SHUFFLE X 2, ROCK STEP FORWARD, COASTER STEP

- 1 & 2 Step ball of left foot behind right, step ball of right to right, step on left foot
3 & 4 Step ball of right foot behind left, step ball of left to left, step on right foot
5 - 6 Rock step left forward, recover weight back on right foot
7 & 8 Step left foot back, step right foot next to left, step left foot forward

SHAKE & GROOVE

- 1 - 4 Shake hips for 4 counts (shake them however you like)
5 - 8 Roll hips to the right twice using 4 counts with weight ending on left foot

SLOW --- LUNGE TO RIGHT, 1/4 TURN LEFT, RISE TO WEIGHT LEFT FOOT

- 1 - 4 Take a large step to right (count 1) bending right knee in a slow lunge using 4 counts
5 - 8 Make a 1/4 turn to left on balls of both feet(2 counts) and slowly push your weight to your left foot while straightening your right leg and pushing your chest forward.(2 counts)

/Although it is written to end the dance with part B The music changes and it looks much nicer to end the dance after doing the Coaster Steps and Hold your foot position and hit the Beats of the music with your arms moving them from extended out to your side at 4:00-7:00 to 9:00-3:00 and ending with arms extended up to the 1:00 and 11:00

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