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- 1 - 2 Touch right toe to right side, step right foot home
3 - 4 Touch left toe to left side, pivot 1/2 turn left stepping left foot at home
5 - 6 Touch right toe to right side, step right foot home
7 - 8 Touch left toe to left side, pivot 1/2 turn left stepping left foot at home
9 & 10 Right shuffle to right side (right-left-right)
11 - 12 Rock back on left foot, recover on right
13 & 14 Left shuffle to left side (left-right-left)
15 - 16 Rock back on right foot, recover on left
17 & 18 Right shuffle forward (right-left-right)
19 - 20 Rock forward on left foot, recover back on right
21 & 22 Left shuffle backward (left-right-left)
23 - 24 Rock back on right foot, recover forward on left
25 - 26 Lean slightly to right and bump hips left twice (make lasso motion with right hand)
27 - 28 Lean slightly to left and bump hips right twice (make lasso motion with left hand)
29 - 32 Repeat 25 through 28
& 33 - 34 Shift weight to left foot, step forward on right, pivot 1/4 turn left (weight o left)
35 - 36 Stomp right, stomp left
37 & 38 Kick right foot forward, step ball of right foot beside left, step left foot beside right
39 & 40 Kick right foot forward, step ball of right foot beside left, step left foot beside right
41 Step right foot to right side (bring arms up to shoulder height with fists) (like showing off muscles)
42 - 43 Pump arms in forward and back motion for two counts
44 Touch left foot beside right and clap hands
45 & 46 Kick left foot forward, step ball of left foot beside right, step right foot beside left
47 & 48 Kick left foot forward, step ball of left foot beside right, step right foot beside left
49 Step left foot to left side (bring arms up to shoulder height with fists) (like showing off muscles)
50 - 51 Pump arms in forward and back motion for two counts
52 Touch right foot beside left and clap hands
53 - 56 Step right foot to right side, step left behind right, step right to right, touch left beside right
& 57 Small step back on left, touch right heel forward
& 58 Step right home, touch left home
& 59 Small step back on left, touch right heel forward
& 60 Step right home, touch left home
61 - 64 Step left foot to left side, step right behind left, step left to left, touch right beside left
& 65 Small step back on right, touch left heel forward
& 66 Step left home, touch right home
& 67 Small step back on right, touch left heel forward
& 68 Step left home, touch right home

REPEAT