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**Intro: Start after 16 counts****Section 1: Toe Struts R-L-R, Back Touch Hold**

1-2 Touch R toe to right side, drop R heel  
3-4 Touch L toe over right, drop L heel  
5-6 Touch R toe to right side, drop R heel  
7-8 Touch L toe behind right to diagonal, hold

**Section 2: Toe Struts R-L-R, Back Touch Hold**

1-2 Touch L toe to left side, drop L heel  
3-4 Touch R toe over left, drop R heel  
5-6 Touch L toe to left side, drop L heel  
7-8 Touch R toe behind left to diagonal, hold

**Section 3: K-Step**

1-2 Step R forward to right diagonal, touch L next to right  
3-4 Step L back to left diagonal, touch R next to left  
5-6 Step R back to right diagonal, touch L next to right  
7-8 Step L forward to left diagonal, touch R next to left

**Section 4: Shoulder Shimmy Forward, Back Hitch**

1-4 Step R forward to right diagonal, gradually lean forward doing shoulder pushes R, L, R, L  
5-8 Continue doing shoulder pushes back R, L, R, L

**Section 5: Travelling Swivels To Right, Travelling Swivels To Left and Turn 1/4 L**

1-2 Step R to right side and swivel both heels to right side, Swivel both toes to right side  
3-4 Swivel both heels to right side, flick L behind right calf  
5-6 Swivel both heels to left side, Swivel both toes to left side  
7-8 Swivel both heels to left side, flick R behind left calf and Turn 1/4 L

**Section 6: Travelling Swivels To Right, Travelling Swivels To Left**

1-2 Step R to right side and swivel both heels to right side, Swivel both toes to right side  
3-4 Swivel both heels to right side, flick L behind right calf