

RIGHT HEEL, CROSS-HITCH, SHUFFLE FORWARD, LEFT HEEL, CROSS-HITCH, SHUFFLE FORWARD

- 1 - 2 Touch right heel forward; lift right foot and cross below left knee
3 & 4 Shuffle forward right-left-right
5 - 6 Touch left heel forward; lift left foot and cross below right knee
7 & 8 Shuffle forward left-right-left

RIGHT HEEL GRIND WITH 1/4 PIVOT RIGHT, SHUFFLE BACK, STEP, TOUCH, SIDE-TOGETHER-SIDE

- 9 & 10 Step forward on right heel (with weight) and pivot 1/4 right; step back on left foot
11 & 12 Shuffle backward right-left-right
13 - 14 Step left foot slightly back; touch right toe next to left foot
15 & 16 Side shuffle right (right-left-right)

HIP PUSH FORWARD, HIP PUSH BACK, SIDE-TOGETHER-SIDE, TWIST (SHAG) STEPS, &PREP FOR SHUFFLE

- 17 - 18 Stepping forward on left foot and bending knees slightly, push hips slowly forward to the left
19 - 20 Push hips slowly back and to the right (2 counts), shifting weight to right foot
21 & 22 Side shuffle left (left-right-left)
& 23 On ball of left foot, twist left heel to left and step in place on ball of right foot with toe pointing outward (to the right)
& 24 On ball of right foot, twist right heel to the right and step in place on ball of left foot with toe pointing outward (to the left)
& Twist left heel to center

SHUFFLE FORWARD, STEP-PIVOT 1/2, SHUFFLE FORWARD, STEP-PIVOT 1/2

- 25 & 26 Shuffle forward (right-left-right)
27 - 28 Step forward on left foot; pivot 1/2 to the right
29 & 30 Shuffle forward (left-right-left)
31 - 32 Step forward on right foot; pivot 1/2 to the left

REPEAT