

FAST FEET

- 1 - 2 Walk forward on right, left
3 Step back on right foot
& Slide left foot back across right and place weight on it
4 Step back on right
& Step to left on left foot
5 Step to right on right foot
& Step home on left
6 Step home on right
& Step to left on left foot
7 Step to right on right
& Swivel both heels to center
8 Swivel heels back out

HIP ROCKS

- 9 Step onto right foot and rock hips to the right
10 Step onto left foot and rock hips to the left
11 Step hips onto right foot and rock hips to right
12 Step on the left foot and rock hips to left as you pivot 1/4 turn to the right on left foot
13 Step to the right on right
14 Step behind right on left
15 Step to right on right foot
& Step left next to right
16 Step on right in place

MORE HIP ROCKS

- 17 Step to left on left foot
18 Step behind left on right foot
19 Step to left on left foot as you bump hips to left
20 Bump hips to left again
21 Step to right on right foot
22 Step behind right on left
23 Step to right on right foot
& Step left next to right
24 Step on right foot in place

AND MORE HIP BUMPS

- 25 Step to left on left foot
26 Step behind left on right foot
27 Step to left on left foot as you bump hips to left
28 Bump hips to left again
29 - 30 Touch right heel forward twice
31 - 32 Touch right toe behind twice

HEEL TOUCHES

- 33 - 35 Touch right heel forward, toes back, heel forward,
36 Hold one beat
37 Bring right heel home and touch left heel forward at the same time
38 Hold one beat
39 Bring right foot home and touch left heel forward at the same time
40 Bring left foot home and touch right heel forward

TOE POINTS

- 41 Step onto left foot and point right toe to right at the same time
42 Hold one beat
43 Step onto right foot and point left toe to left at the same time
44 Hold one beat

45 Step onto left foot and point right toes to right
46 Step onto right foot, pivot 1/4 turn to the left and point left toes to side all at the same time
47 Step onto left foot and touch right toes behind
48 Hold one beat

BODY ROLL

49 Keeping feet in same position: begin body roll
& End body roll
50 Scoot backwards on both feet
51 Keeping feet in same position: begin body roll
& End body roll
52 Scoot backwards on both feet
53 - 54 Step forward on right foot, pivot 1/4 turn to the left
55 - 56 Step forward on right foot, pivot 1/4 turn to the left

JUMPING JACKS

57 Step forward on right foot
58 Pivot 1/4 turn to the left and shift weight to left foot
59 Kick right foot forward
& Step right foot next to left
60 Touch left foot next to right
61 Jump back on left foot and touch right heel forward at the same time
62 Jump feet together
63 Jump back on left foot and touch right heel forward at the same time
64 Jump feet together

REPEAT