

HEEL SWIVELS

- 1 Swivel right heel inwards
- 2 Return to place & swivel left heel inwards
- 3 Return to place & swivel right heel inwards
- 4 Tap right heel inwards
- 5 Return to place & swivel left heel inwards
- 6 Return to place & swivel right heel inwards
- 7 Return to place & swivel left heel inwards
- 8 Tap left heel inwards

SYNCPATED SIDEWAYS JUMPS

- & 9 Jump "up & over" to left, landing on left & touching right beside
- & 10 Jump "up & over" to right, landing on right & touching left beside
- & 11 Turn 1/4-turn to right jumping "up & over" to left, landing on left & touching right beside
- & 12 Jump "up & over" to right, landing on right & touching left beside

HEEL SWIVELS

- 13 - 20 Repeat counts 1-8 facing second wall

SYNCPATED SIDEWAYS JUMPS

- & 21 - & 24 Repeat counts 9-12-for count 23 you should now be facing the rear wall

SHUFFLES AND FULL TURNS

- 25 Small step to left on left foot
- & 26 Close right beside left, small step to left on left foot
- 27 Cross right in front of left
- 28 Complete a full turn to left to end up facing same wall
- 29 Small step to right on right foot
- & 30 Close left beside right, small step to right on right foot
- 31 Cross left in front of right
- 32 Complete a full turn to right to end up facing same wall

STEP COMBINATION WITH KICKS & BALL CHANGE

- 33 Step forward on left
- 34 Kick forward with right
- 35 Step back on right
- 36 Touch left toe behind
- 37 Step forward on left
- 38 Kick forward with right
- 39 Kick forward with right
- & 40 Ball change transferring weight quickly from right to left
- 41 Step forward on right
- 42 Kick forward with left
- 43 Step back on left
- 44 Touch right toe behind
- 45 Step forward on right
- 46 Kick forward with left
- 47 Kick forward with left
- & 48 Ball-change transferring weight quickly from left to right

HEEL JACK WITH 1/4-TURN, JUMPS FORWARD

- 49 Jump back with left, right heel forward
- 50 Jump feet together with 1/4-turn to right
- 51 Jump forward on both feet punching right fist straight up in air
- 52 Jump forward on both feet punching left fist straight up in air

REPEAT

/For counts 9-12 & 21-24, the sideways jumps should be done as if jumping over an imaginary object on the floor.