



Special Thanks to Kat Painter for her input

16 count intro after heavy beat

- Section 1** **SIDE, HOLD, BALL SIDE, TOUCH, SIDE, HOLD, BALL SIDE, TOUCH**
1,2,&3,4 Step Rt to Rt side, Hold, Step Lt next to Rt, Step Rt to Rt Side, Touch Lt next to Rt
5,6,&7,8 Step Lt to Lt side, Hold, Step Rt next to Lt, Step Lt to Lt Side, Touch Rt next to Lt
- Section 2** **BODY ROLL DOWN, BODY ROLL DOWN, ROCK, RECOVER, SHUFFLE**
1,2 Step Rt Back with body roll down, Hold (or touch Lt forward)
3,4 Step Lt Back with body roll down, Hold (or touch Rt forward)
5,6,7&8 Step Rt back, Step Lt forward, Step Rt forward, Step Lt next to Rt, Step Rt forward
- Section 3** **TOUCH, STEP, TOUCH, STEP, PADDLE X3, STEP**
1,2 Touch Lt side Lt, Step Lt forward
3,4 Touch Rt side Rt, Step Rt forward
5,6,7,8 Touch Lt to Lt side and turn Rt 1/16, Touch Lt to Lt side and turn Rt 1/16,
Touch Lt to Lt side and turn Rt 1/8, Step Lt forward (3:00)
- Section 4** **STEP, HITCH, STEP, HITCH, ROCKING HIP BUMPS**
1,2 Step Rt diagonal forward Rt, Lift Lt knee
3,4 Step Lt diagonal forward Lt, Lift Rt knee
5,6 Step Rt forward (3:00) pushing hips front, Push hips back
7,8 Push hips front, Push hips back (weight on Lt)

Start Again
