

**TRAVELING HEEL-SWITCH-HOLD BACKWARD**

- & Step back on left foot
- 1 Touch right heel forward
- & 2 Hop back and switch weight, putting left heel forward
- & 3 Hop back and switch weight, putting right heel forward
- 4 Hold
- & 5 Hop back and switch weight, putting left heel forward
- & 6 Hop back and switch weight, putting right heel forward
- & 7 Hop back and switch weight, putting left heel forward
- 8 Hold

**BACK BALL STEP, STEP FORWARD, 3/4 SHUFFLE WITH RIGHT TURN**

- & 1 Back left ball step, step forward with right
- 2 Left step forward
- 3 & 4 Shuffle forward right-left-right
- 5 & 6 Turn half turn to right while shuffling left-right-left
- 7 & 8 Turn 1/4 to right while shuffling right-left-right (facing 9:00)

**TRAVELING HIP PUSHES/KNEE POPS FORWARD**

- & 1 Hop left step forward, bring right next to left while knees are bent and hips lower
- 2 Pop knees, hip push pop back
- & 3 Hop left step forward, bring right next to left while knees are bent and hips lower
- 4 Pop knees, hips push pop back
- 5 - 8 Repeat counts 1-4

**VINE LEFT 1/2 TURN VINE**

- 1 Step to the left on left foot
- 2 Cross right behind left and step
- 3 Step to the left making 1/4 turn left
- 4 Turn 1/4 left, slap right foot with right hand
- 5 Step to the right on right foot
- 6 Cross left behind right and step
- 7 Step to the right on right foot
- 8 Touch left toe next to right foot

**WALK FORWARD WITH HOLDS**

- 1 Walk forward on left foot
- 2 Hold
- 3 Walk forward on right foot
- 4 Hold
- 5 - 8 Repeat counts 1-4

**PUSH OFF 1/4 TURN RIGHT, HOLD TOUCH HIPS SWAY HIPS TO LEFT**

- & 1 Push off back on right foot making a 1/4 turn right and step feet apart in place
- 2 Hold
- 3 Touch right hand to right hip
- 4 Touch left hand to left hip
- 5 - 8 Sway hips in circle to left for four counts (finish with weight on right foot)

**REPEAT**