



Start after 4 counts from heavy beat or start at 0.10 seconds

Sequence ABC BC Tag CA

Part A 32 counts

A1 Jump To R & Bounce, Jump To L & Bounce, Touch R Forward, Twist R Heelx4

1&2 Step R to R (1), step L on ball beside R (&), step R on ball beside L (2)

3&4 Step L to L (3), step R on ball beside L (&), step L on ball beside R (4)

5&6&7&8 Touch R forward & twist R heel out (5), R heel in (&), R heel out (6), R heel in (&), R heel out (7), R heel in (&), R heel out (8)

A2 R Forward, L Jazz Box, Bump Hip To LRLRLRL (Tarzan Pose)

1-4 Step R forward (1), cross L over R (2), step R back (3), step L to L (4)

5&6&7&8 Bump hip to LRLRLRL (Hold L hand to L, R hand cross L hand Up & Down x2)

A3 Jump To R & Bounce, Jump To L & Bounce, Touch R Forward, Twist R Heelx4

1&2 Step R to R (1), step L on ball beside R (&), step R on ball beside L (2)

3&4 Step L to L (3), step R on ball beside L (&), step L on ball beside R (4)

5&6&7&8 Touch R forward & twist R heel out (5), R heel in (&), R heel out (6), R heel in (&), R heel out (7), R heel in (&), R heel out (8)

A4 R Forward, L Jazz Box, Bump Hip To LRLRLRL (Tarzan Pose)

1-4 Step R forward (1), cross L over R (2), step R back (3), step L to L (4)

5&6&7&8 Bump hip to LRLRLRL (Hold L hand to L, R hand cross L hand Up & Down x2)

Part B 64 counts

B1 R & L Toe Strut Forward, R Lunge Forward, L Forward, R Forward, Swivel To R, Centre

1-4 Touch R forward (1), step R down (2), touch L forward (3), step L down (4)

5&6 7&8 Lunge R forward (5), step L forward (6), step R forward (7), twist both heels to R (&), twist both heels back to centre (8)

B2 R & L Toe Strut Backward, R Out, L Out, R Heel Twist In Out, L Heel Twist In Out

1-4 Touch R back (1), step R down (2), touch L back (3), step L down (4)

5-6 Step R to R (5), step L to L (6)

&7&8 Twist R heel in (&), twist R heel back to centre (7), twist L heel in (&), twist L heel back to centre (8)

B3 ½ Turn R Walk RLR, 1/8 Turn L Kick L, 1/8 L Walk Forward LRL, 1/8 Turn R Kick R

1-4 ½ turn R walk forward RLR (1-3) (3.00), 1/8 turn L kick L (4) (10.30)

5-8 1/8 turn L walk forward LRL (5-7) (9.00), 1/8 turn R kick R to diagonal R (8) (1.30)

B4 LOVE SHAPE Pose To R&L, Chest Bump R Twist, Chest Bump L Twice

1-4 Step R beside L (1), hold (2-4) (Do Heart Shape above head To R & L)

5-8 Hold x4 & chest bump with x4 (5-8)

B5 Cross Touch R, Touch R To R, R Cuban Break, Cross Touch L, Touch L To L, L Cuban Break

12 3&4 Cross touch R over L (1), touch R to R (2), cross R over L (3), recover on L (&), step R to R (4)

56 7&8 Cross touch L over R (5), touch L to L (6), cross L over R (&7), recover on R (&), step L to L (8)

B6 R Jazz Box With Hoop, L Jazz Box With Hoop

1-4 Cross R over (1), step L back (2), step R to R (3), hoop & clap (4)

5-8 Mirror step for 1-4

B7 Jump Feet Apart & Move Forward x4, Jump Backward x4

1-4 Jump both feet apart & move forward x4 (1-4) (Superman pose – Raise L hand up)

5-8 Jump both feet backward x4 (5-8) (Spider pose - R hand palm in front)

B8 R Side, L Touch Back, L Side, R Touch Back, Full Turn R

1-4 Step R to R (1), touch L behind R (2), step L to L (3), touch R behind L (4)

5-8 Full turn R walk start RLR (5-7) (12.00), hoop both feet together & clap (8) (12.00)

Part C	48 counts
C1	Step On Ball RLR, Touch L, Step On Ball LRL, Touch R
1-4	Step R on ball (1), step L on ball (2), step R on ball (3), touch L to L (4)
5-8	Step L on ball (5), step R on ball (6), step L on ball (7), touch R to R (8)
C2	Body Roll To R & Shake, Body Roll To L & Shake
1-8	Body roll to R (1-2), shake both arms (3-4), body roll to L (5-6), shake both arms (7), transfer weight to R foot (8)
C3	1/8 Turn L Walk LRL, 1/8 Turn R Hoop, 1/8 Turn R Walk RLR, 1/8 Turn L Hoop
1-4	1/8 turn L walk forward LRL (1-3) (10.30), 1/8 turn R & hoop (12.00)
5-8	1/8 turn R Walk forward RLR (5-7) (1.30), 1/8 turn L & hoop (12.00)
C4	Body Roll To R & Shake, Body Roll To L & Hip Bump Twice
1-8	Body roll to R (1-2), shake both arms (3-4), body roll to L (5-6), weight on L & bump hip twice (7-8)
C5	Sway RLRL, Chest Pop RLRL
1-8	Sway to RLRL (1-4) (Viper style), chest bump to RLRL (5-8)
C6	Hip Bump Clockwise Start From L, Hip Bump LRLRLRL (Tarzan Pose)
1-4	Push hip to L (1), push hip forward (2), push hip to R (3), push hip back (4)
5&6&7&8	Bump hip to LRLRLRL (Hold L elbow hand to Lx4, R hand cross L hand Up & Down x2)
Tag	32 counts
T1	Cross R Toe Strut, L Side Toe Strut, Hip Bump LRLR (John Travolta Pose)
1-4	Cross R over L (1), step R down (2), Touch L to L (3), step L down (4)
5-8	Hip bump to LRLR (5-8)
T2	Mirror Steps for T1
T3	Camel Walk To Diagonal R, Moon Walk Backward
1&2&3&4	1/8 Turn L step on R hitch L (1) (10.30), step L on ball (&), step on R hitch L (2), step L on ball (&), step on R hitch L (3), step L on ball (&), step on R hitch L (4) (10.30)
5-8	Step L back (5), step R back (6), step L back (7), 1/8 turn R step R to R (8) (12.00)
T4	Camel Walk To Diagonal L, Moon Walk Backward
1&2&3&4	1/8 turn R step on L hitch R (1), step R on ball (&), step on L hitch R (2), step R on ball (&), step on L hitch R (3), step R on ball (&), step on L hitch R (4) (1.30)
5-8	Step R back (5), step L back (6), step R back (7), 1/8 turn L step L beside R (8) (12.00)
