

#### **SHOULDER SNAKE LEFT, 2, SHOULDER SNAKE RIGHT, 4, HIP SWAY LEFT, RIGHT, LEFT, RIGHT**

1 - 2 In place shift hips on to right while raising right shoulder (raising right side up slightly), start to bend knees as you swing hips down and onto left

#### **/Left shoulder will go down and start to make its way up and to left side like a snake**

3 - 4 Start to bend knees as you swing hips down and right

#### **/Right shoulder will go down and start to make its way up and to the right side like a snake**

5 - 8 Swing hips left, right, left, right (shoulder movements optional)

9 - 16 Repeat steps 1-8

#### **SAILOR SHUFFLES, 1/2 TURN RIGHT, HOLD & CLAP, REPEAT**

1 - 2 & Left step side left, right step behind left pushing weight slightly right, bring left foot up and step down rapidly

3 - 4 & Right step side right, left step behind right pushing weight slightly left, bring right foot up and step down rapidly

5 - 8 Left step side left, right hook behind left (weight center), unwind 1/2 turn right, hold & clap

9 - 16 Repeat steps 1-8

#### **KICK, KICK, TRIPLE STEP, STEP FORWARD PIVOT, TURN TRIPLE STEP, REPEAT**

1 - 2 Left kick forward, left kick side

3 & 4 Left hook step slightly behind right, right step back next to left, left step forward

5 - 6 Right step forward (shifting weight onto right), push off right into 1/2 pivot left (weight on left and centered)

7 & 8 Perform 1 full turn to the left stepping right, left, right (while traveling slightly forward)

9 - 16 Repeat steps 1-8

#### **KICK & KICK & SLIDE, HOLD, KICK & KICK & SLIDE, HOLD, REPEAT**

1 & Left kick forward while hopping on right, hop on left next to right while bringing right leg up and back

2 & Right kick forward while hopping on left, hop on right next to left while bringing left leg up and back

3 - 4 Pushing off right foot, left step side left, dragging right toe

5 & Right kick forward while hopping on left, hop on right next to left while bringing left leg up and back

6 & Left kick forward while hopping on right, hop on left next to right while bringing right leg up and back

7 - 8 Pushing off left foot, right step side right, dragging left toe

9 - 16 Repeat steps 1-8

#### **WALK AROUND 2,3,4,5 TOGETHER, JUMP, JUMP**

1 - 6 Walking in a wide circle to the left, step left, right, left, right, left, right step next to left

7 - 8 Jump both feet forward, jump both feet forward (arm thrusts optional)

#### **LEFT OUT, IN, OUT-IN-OUT, RIGHT IN, OUT, IN-OUT-IN**

1 (weight on left heel and right ball), move left toe left and right heel left, change weight to left ball and right heel

2 (weight on right heel and left ball) move left heel left and right toe left, change weight to right ball and left heel

3 & 4 Repeat counts 1-2 at double speed, completing 3 steps to left

5 (weight on left heel and right ball) move right heel right and left toe right, change weight to left ball and right heel

6 (weight on right heel and left ball) move right toe right and left heel right, change weight to right ball and left heel

7 & 8 Repeat counts 5-6 at double speed, completing 3 steps to the right

#### **& SLIDE LEFT 2, 3, STOMP UP, & SLIDE RIGHT 2, 3, STOMP UP**

& 1 Moving upward hopping on right and raising left knee (toe down), right step down while pushing weight left, left step side left shifting weight onto left

2 - 3 Drag right toe to left side for 2 counts

4 Stomp up right next to left (weight still on left)

& 5 Moving upward hopping on left and raising right knee (toe down), left step down while pushing weight right, right step side right shifting weight onto right  
2 - 3 Drag left toe to right side for 2 counts  
4 Stomp up left next to right (weight still on right)

**1/4 TURN STEP LEFT, STEP PIVOT, STEP PIVOT, STEP PIVOT, STEP TOGETHER**

1 - 8 1/4 left turn and step left, step forward right, push off right into 1/2 pivot left onto left foot (perform step pivot turn 3 times), right step side left (slightly apart)

**REPEAT**

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