

Intro 16 count

S1 R Heel Forward Step, L Heel Forward Step 2

1 & 2 Step R heel diagonally forward, step down on R
3 & 4 Step L heel diagonally forward, step down on L
5 & 6 Step R heel diagonally forward, step down on R
7 & 8 Step L heel diagonally forward, step down on L

[Optional styling: Move your hips forward, backward, forward]

S2 Step R Side, Touch L, Step L Side, Touch R, Step R Side, Cross L, Step L Side, Cross R

1 – 2 Step R to R, touch L behind R
3 – 4 Step L to L, touch R behind L
5 – 6 Step R to R, touch L across R
7 – 8 Step L to L, touch R across L

[Optional styling: bring both arms upward and then down for every 2 count]

S3 Step R Back and Bend Both Knee, Step L Back and Bend Both Knee x2

1 & 2 Step back on R, bend both knee with weight on R
3 & 4 Step back on L, bend both knee with weight on L
5 & 6 Step back on R, bend both knee with weight on R
7 & 8 Step back on L, bend both knee with weight on L

[Optional styling: As you step back, do a chest pump and bend the knee]

S4 Modified R Jazz Box, Hip Bump

1 – 4 Step R forward, cross L over R, step back on R, step L to L
5 & 6 Hip bump R, L, R [Optional styling: bring both arms forward and down]
7 & 8 Hip bump L, R, L [Optional styling: bring both arms forward and down]

S5 Modified L Jazz Box, Hip Bump x2

1 – 4 Step L forward, cross R over L, step back on L, step R to R
5 & 6 Hip bump L, R, L [Optional styling: bring both arms forward and down]
7 & 8 Hip bump R, L, R [Optional styling: bring both arms forward and down]

S6 R Grapevine, Touch, Paddle ¼ R Turn

1 – 4 Step R to R, step L behind L, step R to R, touch L next to R
5&6&7&8 Weight on R, touch L to L making ¼ turning R x4 times [Full paddle turn R]

[Optional styling: Row your arms or move your shoulder as you paddle]

S7 L Grapevine, Touch, Paddle ¼ L Turn

1 – 4 Step L to L, step R behind R, step L to L, touch R next to L
5&6&7&8 Weight on L, touch R to R making ¼ turning L x4 times [Full paddle turn L]

[Optional styling: Row your arms or move your shoulder as you paddle]

S8 Mambo Forward, Backward x2

1 & 2 Step R forward, recover on L, step back on R
3 & 4 Step L backward, recover on R, step forward on L
5 & 6 Step R forward, recover on L, step back on R
7 & 8 Step L backward, recover on R, step forward on L

No Tag No Restart – just dance to the beat with energy!

*** Happy dancing! ***

