

Approx 3:51mins

NO TAGS, NO RESTARTS

Music Intro: 32 counts from start of track

Note: Don't let the step sheet put you off. It's always a challenge to transfer a dance (which is 3D) to paper (2D).

The dance is not at all complicated (although it is fast :D).

Please do refer to our tutorial for arm movements.

Dance Intro (0.16sec):

Set i1: SIDE TOUCHES (X4)

1-4 Step R to side, touch L beside R

5-8 repeat 1-4

Set i2: DIAGONAL FORWARD STEP TOUCH (X2), DIAGONAL BACK STEP TOUCH (X2)

1-2 Step R forward to right diagonal, touch L beside R

3-4 Step L forward to left diagonal, touch R beside L

5-6 Step R back to back diagonal, touch L beside R

7-8 Step L back to back diagonal, touch R beside L

Set i3: OUT, OUT, IN, IN

1-2 Step R out to right diagonal, step L out to left diagonal

3-4 Step R back in place, step L back in place

5-8 repeat 1-4

Set i4: JAZZ BOX (X2)

1-4 Cross R over L, step L back, step R to right side, cross L over R

5-8 repeat 1-4

MAIN DANCE

[1-8] SIDE OUT-OUT, IN-IN, SIDE OUT-OUT, JUMP IN TOGETHER, JUMP APART

1-2 Step R to right, step L to left

{Hands: extend R arm out to right horizontal, shoulder level (1), extend L arm out to left horizontal, shoulder level (2) Palms facing back}

3-4 Step R to centre, step L beside R

{Hands: bring R arm to centre of chest (3), bring L arm to centre of chest (4) Palms facing chest}

5-6 Step R to right, step L to left

{Hands: raise R arm up to right diagonal (5), raise L arm up to left diagonal (6)

Palms facing out & away from body}

7-8 Jump both feet in together, jump both feet apart

{Hands: clench hands into a fist, bring to centre of chest (crouch a little with bent knees) (7)

Bring both hands to side of thighs (unclench fists) (8)}

[9-16] ARMS UP, ARMS DOWN, SHOULDER POPS (2X)

1-2 Bring forearms up to shoulder level, palms up, elbows bent (as though saying 'I don't know'), Bring both forearms back down to side of thighs [angle body to 11:00]

3&4 Pop R shoulder up twice (dropping L shoulder at the same time)

5-6 Repeat 1-2 (this time, angle body to 1:00 on count 6)

7&8 Pop L shoulder up twice (dropping R shoulder at the same time)

[17-24] CROSS ROCK, SHUFFLES

1-2 Step R across L, recover to R

3&4 Step R to side, step L beside R, step R to side

5-6 Step L across R, recover to L

7&8 Step L to side, step R beside L, step L to side

- [25-32] ¼ L PADDLE WITH HIP ROLL (2X), TWISTS R, TWISTS L**
 1-2 Place ball of R fwd, make a ¼ left turn whilst rolling R hip counter clockwise
 3-4 Repeat steps 1-2 (6:00)
 5&6 Swivel/twist both heels right, left, right (pop L knee)
 7&8 Swivel/twist both heels left, right, left (pop R knee)
- [33-40] ANGLED SIDE STEP-TOUCHES, CROSS & UNCROSS ARMS, RIGHT SHOULDER ROLL**
 1-2 Step R to side (body angled to 7:00), touch L beside R (body squared back to 6:00)
 {Optional hand styling: extend L arm across chest as though reaching for something on your right (1), pull L forearm back to left shoulder (2)}
 3-4 Step L to side (body angled 5:00), touch R beside L (body squared back to 6:00)
 {Optional hand styling: extend R arm across chest as though reaching for something on your left (3), pull R forearm back to right shoulder (4)}
 5-6 Step R to side (body angled to 7:00) cross punch both fists in front of mid-torso (5),
 Uncross both arms to respective side of body (palms facing forward)
 7-8 Roll R shoulder back-to-front/body roll (body will face 5:00 at end of roll, weight on R)
- [41-48] ANGLED SIDE STEP-TOUCHES, CROSS & UNCROSS ARMS, CHEST POPS**
 1-2 Step L to side (body angled to 5:00), touch R beside L (square back to 6:00)
 {Optional hand styling: extend R across chest as though reaching for something on your left (1), pull R forearm back to right shoulder (2)}
 3-4 Step R to side (body angled to 7:00), touch L beside R (squared back to 6:00)
 {Optional hand styling: extend L arm across chest as though reaching for something on your right (3), pull L forearm from back to left shoulder(4)}
 5-6 Step L to side (body angled to 5:00) cross punch both fists in front of mid-torso (5),
 Swivel ¼ right on both feet (facing 7:00) Uncross both arms to respective side of body
 (palms face forward)
 7-8 Pop chest twice (weight on L)
- [49-56] WALK, WALK, SIDE ROCK CROSS, ¼ R, BACK, BACK, BACK, TOUCH**
 1-2 Step R, L forward to 7:00
 3&4 (square back to 6:00) Rock R to side, recover to L, step R across L
 5-8 ¼ right step back L, R, L, touch R beside L (9:00)
- [57-64] STEP TOUCH BOX TURN**
 1-2 Step R side, touch L beside
 3-4 ¼ right turn, step L to left, touch R beside (12:00)
 5-6 ¼ right turn, step R to side, touch L beside (3:00)
 7-8 ¼ right turn, step L to side, touch R beside (6:00)

HAPPY DANCING!



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