

APART, HOLD, TOGETHER, HOLD, JUMP, TOGETHER, HEEL, CLAP

- 1 - 2 Jump both feet apart, hold
3 - 4 Jump both feet together, hold
5 - 6 Jump both feet apart, jump both feet together with weight on left foot
7 - 8 Touch right heel forward, clap

HEEL SWITCHES, HEEL TO HEEL, TOE TO TOE

- & 1 - 2 Step right foot next to left, touch left heel forward, clap
& 3 - 4 Step left foot next to right, touch right heel forward, clap
& 5 & 6 Step right foot next to left, touch left heel forward. Step left foot next to right, touch right heel forward
& 7 & 8 Step right foot next to left, touch left toes to left side, step left foot next to right, touch right toes to right side

CROSS, UNWIND X 2. JAZZ BOX

- 1 - 2 Cross right foot in front of left, unwind 1/2 turn left
3 - 4 Cross right foot in front of left, unwind 1/2 turn left
5 - 6 Cross right foot over left, step left foot back
7 - 8 Step right foot back, touch left foot next to right

SHUFFLE FORWARD X 2, STEP, PIVOT, STOMP, STOMP

- 1 & 2 Shuffle forward-left, right, left
3 & 4 Shuffle forward-right, left, right
5 - 6 Step left foot forward, pivot 1/2 turn right
7 - 8 Stomp left foot in place, stomp right foot in place

JUMP, CROSS, UNWIND, CLAP

- 1 - 2 Jump feet apart, jump feet together crossing left foot over right
3 - 4 Unwind 1/2 turn right, clap

HIP BUMPS AND GRINDS

- 1 - 2 Step left foot forward and bump left hip forward twice
3 - 4 Bump right hip back twice
5 - 8 Roll hips for 4 counts

SHUFFLE FORWARD, STEP, PIVOT

- 1 & 2 Shuffle forward-left, right, left
3 - 4 Step right foot forward, pivot 1/2 turn left

HIP BUMPS AND GRINDS

- 1 - 2 Step right foot forward and bump right hip forward twice
3 - 4 Bump left hip back twice
5 - 8 Roll hips for 4 counts

FORWARD SHUFFLE, STOMP, STOMP

- 1 & 2 Shuffle forward-right, left, right
3 - 4 Stomp left foot in place, stomp right foot in place

REPEAT