

TOES-HEELS-TOES-HEELS (SWIVELS TO THE RIGHT)**/During the swivels, you are moving to the right.**

- 1 On the heels of the feet, pivot both toes to the right
2 On the balls of the feet, pivot both heels to the right
3 On the heels of the feet, pivot both toes to the right
4 On the balls of the feet, pivot both heels to the right

HITCH LEFT-TOUCH LEFT-HITCH LEFT-TOGETHER LEFT

- 5 Turning the body slightly to the right, raise the left knee up to waist level
6 Straightening the body, touch the left foot next to the right foot
7 Turning the body slightly to the right, raise the left knee up to waist level
8 Straightening the body, bring the left foot together with the right foot

HEELS-TOES-HEELS-TOES (SWIVELS TO THE LEFT)**/During the swivels, you are moving to the left.**

- 9 On the balls of the feet, pivot both heels to the left,
10 On the heels of the feet, pivot both toes to the left
11 On the balls of the feet, pivot both heels to the left
12 On the heels of the feet, pivot both toes to the left

**HITCH RIGHT-TOUCH RIGHT-HITCH RIGHT-TOUCH RIGHT
JUMP-HOLD/CLAP-JUMP-HOLD/CLAP**

- 13 Turning the body slightly to the left, raise the right knee up to waist level
14 Straightening the body, touch the right foot next to the left foot
15 Turning the body slightly to the left, raise the right knee up to waist level
16 Straightening the body, touch the right foot next to the left foot
17,18 Jump or scoot forward on both feet, hold for one beat of music and clap
19,20 Jump or scoot forward on both feet, hold for one beat of music and clap

BENDING KNEES, FORWARD RIGHT-LEFT-TOGETHER-CLAP

- 21 Step forward on the right foot while slightly bending the knees
22 Step forward on the left foot while further bending the knees
23 Bring the right foot together with the left foot while slightly straightening the knees
24 Clap the hands once while fully straightening the knees

SIDE LEFT-SIDE LEFT-CROSS LEFT TOE-LOWER LEFT HEEL

- 25,26 Touch the left foot out to the left side, touch the left foot out to the left side
27 Cross the left in front of the right, touching only the ball of left on the floor
28 Lower the left heel to the floor

SIDE RIGHT-SIDE RIGHT-CROSS RIGHT TOE-LOWER RIGHT HEEL

- 29,30 Touch the right foot out to the right side, touch the right foot out to the right side
31 Cross the right in front of the left, touching only the ball of right on the floor
32 Lower the right heel to the floor

PIVOT 1/2 TURN LEFT WHILE SWAYING HIPS RIGHT-SWAY LEFT-RIGHT-LEFT

- 33 On the balls of the feet, pivot 1/2 turn to the left while swaying the hips to the right
34 - 36 Sway the hips to the left, sway the hips to the right, sway the hips to the left

RIGHT SHUFFLE FORWARD-LEFT SHUFFLE FORWARD

- 37 & 38 Right shuffle forward
39 & 40 Left shuffle forward

JUMP-HOLD/CLAP-JUMP-HOLD/CLAP

- 41,42 Jump or scoot forward on both feet, hold for one beat of music and clap
43,44 Jump or scoot forward on both feet, hold for one beat of music and clap

BENDING KNEES, FORWARD RIGHT-LEFT-TOGETHER-CLAP

- 45 Step forward on the right foot while slightly bending the knees
- 46 Step forward on the left foot while further bending the knees
- 47 Bring the right foot together with the left foot while slightly straightening the knees
- 48 Clap the hands once while fully straightening the knees

REPEAT

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