

CROSS ¼, ½ BACK, BOX STEP

- 1&2 Cross step right foot over left, step left foot to side, turn ¼ turn right stepping right foot beside left
3-4 Step left foot forward, turn ½ right and step right foot back
5-6 Cross step left over right, step right foot back
7-8 Step left foot to side, step right foot forward
During the box step, lean your body over the foot with the weight for counts 5-8

WALKS, TRIPLE ½ TURN, WALKS ½ TURN, CROSS

- 1-2 Walk forward left, walk forward right
3&4 Step left foot forward, turn ½ turn right and step left foot beside right, step left foot forward
5-6 Step right foot forward, turn ½ turn right and step left foot back
7-8 Step right foot to side, cross step left over right

KNEE POPS, HOLD, AND STEP, ¼, ¼, ½, AND STEP

- 1&2 Step right foot to side (knee turned out), turn right knee in, turn right knee out
3&4 Hold (leaning right), step left foot beside right, step right foot forward
5-6 Turn ¼ turn right and step left foot to side, turn ¼ turn right and step right foot to side
7&8 Turn ½ turn right and step left foot to side, step right foot beside left, step left foot to side

BODY POPS, WALK OUT, OUT, IN, IN

- 1-2 Step right foot in place, step left foot in place
On count 1, bend right knee while popping the left knee out.
On count 2, raise body up by straightening both knees while weight goes to the left
3-4 Repeat steps 1-2
5-6 Step right foot forward and slightly side, step left foot to side
7-8 Step right foot back and slightly left, step left foot beside right
Lean body over the foot with the weight for counts 5-8
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