

ROCK STEP, COASTER CROSS, HIP BUMPS

- 1 - 2 Rock forward on left foot, return weight to right foot
3 & 4 Step back on left foot, bring right foot back to left, cross left foot over right foot
5 - 8 Step to right side with right foot, bump hips to the right twice, bump hips to the left twice

HEEL PULL, LEFT 1/4 TURN, HIP BUMPS, LEFT 1/4 TURN

- 1 - 2 Place instep of right foot behind left heel (with weight on the ball of left foot), turn to the left 1/4 with a heel pull
3 - 4 Step to the right side with the right foot, bump hips to the right twice
5 - 6 Bump hips to the left twice
7 - 8 Step slightly right on ball of right foot (with weight on right foot), pivot 1/4 left

SHUFFLES FORWARD, SYNCOPATED HEEL DIGS

- 1 & 2 Step forward with left foot, bring right foot up to left foot, then step forward again with left foot
3 & 4 Step forward with right foot, bring left foot up to right foot, then step forward again with right foot
5 & 6 Step back diagonally on left foot while extending right heel forward diagonally, step down on right and bring left foot next to right foot
7 & 8 Step back diagonally on right foot while extending left heel forward diagonally, step down on left and bring right toe next to left foot, touch

HEEL PULL, LEFT 1/4 TURN, HIP BUMPS, LEFT SYNCOPATED VINE

- 1 - 2 Place instep of right foot behind left heel (with weight on the ball of left foot), turn to the left 1/4 with a heel pull
3 - 4 Step to the right side with the right foot, bump hips to the right twice
5 - 6 Bump hips to the left twice
7 & 8 Step right behind left foot, move left foot to the left, bring right foot next to left and put weight on right foot

REPEAT