

"MOVE UP": FORWARD, HOLD, FORWARD, HOLD, "TRIPLE" FORWARD, ROCK, REPLACE

- 1 - 2 Right step forward; hold
3 - 4 Left step forward; hold
5 & 6 Right step forward; left step beside right; right step forward
7 - 8 Left rock-step forward; right rock-step in place (replace weight on right)

"MOVE BACK": BACK, HOLD, BACK, HOLD; SHUFFLE 1/2 TURN; BRUSH; HITCH; CROSS

- 1 - 2 Left step back; hold
3 - 4 Right step back; hold
5 & 6 Left step back (starting 1/2 turn left); right step beside left, left step forward (finishing 1/2 turn)
7 & 8 Right brush forward; right knee hitch; right cross-step in front of left (facing 6:00 wall)

/(Options: On count 1, 1/2 turn left stepping on left; on count 3, 1/2 turn left stepping on right)

"SHUFFLE TO THE LEFT": "TRIPLE" SIDE; ROCK; REPLACE; SIDE; SHIMMY; ACROSS; HOLD

- 1 & 2 Left step side left; right step beside left; left step side left
3 - 4 Right rock-step back and behind left; left rock-step in place (replacing weight on left)
5 - 6 Right step side right as you shimmy bending knees; straighten knees with weight on right foot as you finish shimmy
7 - 8 Left step across and in front of right; hold

BRUSH; HITCH; CROSS; "WOBBLE TO THE RIGHT": SYNCOPATED JAZZ BOX 1/4**TURN, JAZZ BOX 1/4 TURN, SIDE:**

- 1 & 2 Right brush forward; right knee hitch; right cross-step in front of left
3 & 4 Left step back; turn 1/4 right and right step forward; left step forward
5 - 6 Right cross-step in front of left; left step back
7 - 8 Turn 1/4 right and right step forward; left step side left (facing 12:00 wall)

/(Options: as you left step side lean body slightly to the left and allow right foot to raise off the ground; Hands options: snap fingers on count 8 followed by moving hands slightly down and out)

"TRIPLE" CROSS; ROCK ; ROCK ; "TRIPLE" CROSS; SIDE; BRUSH

- 1 & 2 Right cross-step across and in front of left; left step side left keeping the foot slight back; right cross-step across and in front of left
3 - 4 Left rock-step side left; right rock-step side right
5 & 6 Left cross-step across and in front of right; right step side left keeping the foot slight back; left cross-step across and in front of right
7 Right step side right
8 Left brush forward

TURN; BRUSH; TURN; BRUSH; TURN; BRUSH; TURN; TOUCH COMPLETING A FULL TURN TO THE LEFT:

- 1 - 2 Left step turning 1/4 turn left; right brush forward
3 - 4 Right step turning 1/4 turn left; left brush forward
5 - 6 Left step turning 1/4 turn left; right brush forward
7 - 8 Right step turning 1/4 turn left; left toe touch forward (facing 12:00 wall)

/(Hand options: for this 8 count sequence put your hands on your hips)

"WORK OUT": BESIDE, HEEL, FORWARD, TOUCH, BESIDE, HEEL, FORWARD, TOUCH, BESIDE, "TRIPLE" WALK, PIVOT 1/2:

- & 1 & 2 Left step beside right; right heel forward; right step forward; left toe touch beside right
& 3 & 4 Left step beside right; right heel forward; right step forward; left toe touch beside right
& 5 - 7 Left step beside right; right step forward; left step forward; right step forward
8 Pivot 1/2 turn left as you step left (facing 6:00 wall)

/(Options: on counts 1 and 3: right point touch forward)

REPEAT

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