

**HEEL-BALL-CROSS, FORWARD SHUFFLES WITH 1/2 TURN**

- 1 Touch right heel forward
- & Step next to left on ball of right
- 2 Cross step left over right
- 3 Touch right heel forward
- & Step next to left on ball of right
- 4 Cross step left over right
- 5 Step forward on right
- & Step left next to right
- 6 Step forward on right
- 7 Step forward on left 1/4 turn to the right
- & Pivot 1/4 turn right on left stepping right next to left
- 8 Step back on left

**HEEL-BALL-CROSS, FORWARD SHUFFLES WI 1/2 TURN**

- 1 Touch right heel forward
- & Step next to left on ball of right
- 2 Cross step left over right
- 3 Touch right heel forward
- & Step next to left on ball of right
- 4 Cross step left over right
- 5 Step forward on right
- & Step left next to right
- 6 Step forward on right
- 7 Step forward on left 1/4 turn to the right
- & Pivot 1/4 turn right on left stepping right next to left
- 8 Step back on left

**SUGAR PUSH FORWARD, TRIPLE STEP SAILOR SHUFFLE**

- 1 Step forward on right
- 2 Step forward on left
- 3 Touch right toes behind left
- 4 Take a large step back on right
- 5 Step left next to right
- & Step right in place
- 6 Step left in place
- 7 Step behind left on right
- & Step to left on left
- 8 Step home on right

**SUGAR PUSH BACK, TRIPLE STEP SAILOR SHUFFLE**

- 1 Step back on left
- 2 Step back on right
- 3 Touch left next to right
- 4 Take a large step forward on left
- 5 Step right next to left
- & Step left in place
- 6 Step right in place
- 7 Step behind right on left
- & Step to right on right
- 8 Step 1/4 turn left on left

**SYNCPATED TOE TOUCHES SIDE SHUFFLE, ROCK STEP**

- 1 Touch toes of right forward
- & Slide right home
- 2 Touch toes of left forward
- & Slide left home

3 Touch toes of right forward  
& Slide right home  
4 Cross step left over right  
5 Step to right on right  
& Slide left next to right  
6 Step to right on right  
7 Rock step back on left  
8 Rock forward onto right

### **SYNCOPATED TOE TOUCHES, SIDE SHUFFLE, ROCK STEP**

1 Touch toes of left forward  
& Slide left home  
2 Touch toes of right forward  
& Slide right home  
3 Touch toes of left forward  
& Slide left home  
4 Cross step right over left  
5 Step to left on left  
& Slide right next to left  
6 Step to left on left  
7 Rock step back on right  
8 Rock forward onto left

### **SYNCOPATED HIP BUMPS**

1 Step back at an angle on right and bump hips  
2 Bump hip to left and forward  
3 Bump hips to right and back  
& Bump hips to left and forward  
4 Bump hips to right and back  
5 Step back at an angle on left and bump hips  
6 Bump hips right and forward  
7 Bump hips left and back  
& Bump hips right and forward  
8 Bump hips left and back

### **SYNCOPATED HIP BUMPS**

1 Step back at an angle on right and bump hips  
2 Bump hip to left and forward  
3 Bump hips to right and back  
& Bump hips to left and forward  
4 Bump hips to right and back  
5 Step back at an angle on left and bump hips  
6 Bump hips right and forward  
7 Bump hips left and back  
& Bump hips right and forward  
8 Bump hips left and back

### **REPEAT**