

KNEE HITCHES, SIDE STEP, SLIDE, BOUNCES

- 1,2 Raise right heel and swing right knee in front of left knee; step down on right heel while raising left heel and swinging left knee in front of right knee
- 3,4 Step down on left while raising right heel and swinging right knee in front of left knee; swing right knee in front of left knee again
- 5,6 Step right foot to right side; slide left next to right
- 7,8 On balls of both feet, bounce heels on floor twice.

KNEE HITCHES, SIDE STEP, SLIDE, BOUNCES

- 9,10 Raise left heel and swing left knee in front of right knee; step down on left while raising right heel and swinging right knee in front of left knee
- 11,12 Step down on right while raising left heel and swinging left knee in front of right knee; swing left knee in front of right knee again
- 13,14 Step left foot to left side; slide right next to left
- 15,16 On balls of both feet, bounce heels on floor twice.

OUT-OUT, CLAP, IN-CROSS, CLAP, UNWIND, BOUNCES

- & 17,18 Step right foot to right side; step left foot to left side; clap hands
- & 19,20 Step left foot to center; cross-step right over left; clap hands
- 21,22 Unwind 1/2 turn to the left; hold
- 23,24 On balls of both feet, bounce heels on floor twice.

STEP, SLIDE WITH TOUCH

- 25,26 Step right forward at 45 degree angle reaching forward with palms down; slide left next to right pulling arms toward body (as if pulling self forward along the ground)
- 27,28 Step right forward at 45 degree angle reaching forward with palms down; slide left next to right pulling arms toward body
- 29,30 Step left forward at 45 degree angle reaching forward with palms down; slide right next to left pulling arms toward body
- 31,32 Step left forward at 45 degree angle reaching forward with palms down; slide right next to left pulling arms toward body.

DIAGONAL STEPS WITH HIP PUSHES, 1/4 TURN LEFT

- 33,34 Step right forward at 45 degree angle and push hips to right front twice
- 35,36 Push hips to left rear twice
- 37,38 Step forward slightly onto ball of right and push hips right; push hips left pivoting 1/8 turn left on ball of left foot
- 39,40 Step forward slightly onto ball of right and push hips right; push hips left pivoting 1/8 turn left on ball of left foot.

SYNCOATED JUMPS, WALK FORWARD

- & 41,42 Jump back on right; jump back on left; clap
- & 43,44 Jump back on right; jump back on left; clap
- 45,46 Walk forward right, then left
- 47,48 Walk forward right; step left beside right.

REPEAT