

TOE TOUCHES, KICK BALL CHANGE, SAILOR SHUFFLE

- 1 Moving slightly forward, touch right toe to floor
2 Hold
3 Moving slightly forward, touch left toe to floor
4 Hold
5 & 6 Kick right foot forward, quickly step on ball of right foot, step on left
7 & 8 Step right foot behind left foot, quickly step on ball of left foot to left side, step on right

TOE TOUCHES, KICK BALL CHANGE, SAILOR SHUFFLE

- 9 Moving slightly forward, touch left toe to floor
10 Hold
11 Moving slightly forward, touch right toe to floor
12 Hold
13 & 14 Kick left foot forward, quickly step on ball of left foot, step on right foot
15 & 16 Step left foot behind right foot, quickly step on ball of right foot to right side, step on left

STEP, STEP, HIP ROLLS, SHUFFLE, SHUFFLE

- 17 Walk forward on right foot
18 Walk forward on left foot (shift weight slightly back to right)
19 & 20 Bend knees slightly, roll hips back and forward twice
21 & 22 Shuffle forward right, left, right
23 & 24 Shuffle forward left, right, left

FULL TURN, SHUFFLE, SHUFFLE WITH 1/2 TURN, ROCK STEPS

- 25 Step forward on right foot, pivoting on balls of both feet, turn 1/2 turn to left
26 Step back on left foot, pivoting on balls of both feet, turn 1/2 turn to left
27 & 28 Shuffle forward right, left, right
29 & 30 Shuffle forward left, right, left making a 1/2 turn to right
31 Rock back on right foot
32 Step (rock) forward on left foot

STEP, STEP, KICK BALL CHANGE, TOUCH, CROSS WITH 1/4 TURN, TOUCH, STEP/CLAP

- 33 Walk forward right
34 Walk forward left
35 & 36 Kick right foot forward, quickly step on ball of right foot, step on left
37 & 38 Kick right foot forward, quickly step on ball of right foot, step on left
39 Touch right foot out to right side
40 Cross right foot in front of left foot, making 1/4 turn left
41 Touch left toe to left side
42 Step left foot next to right foot and clap

REPEAT