
Arm movements, go with the music. Improvise! Do what you feel.

- 1 Rt foot step side,
2& Lt foot step back, rock forward onto Rt foot,
3 Lt foot step side,
4& Rt foot step back, rock forward onto Lt foot,
5& Touch Rt toe to Rt side, Rt foot step down,
6& Touch Lt toe to Lt side, Lt foot step down,
7 Swivel Lt toe to Lt and at same time swivel Rt heel to Lt (Lt apple jack)
& Swivel back to centre
8 Swivel Rt toe to Rt and at same time swivel Lt heel to Rt (Rt apple jack)
& Put weight onto Rt leg as you kick Lt foot diag forward,
- 9&10 Lt foot step side, Rt foot step next to Lt, Lt foot step to Lt,
& Hitch Rt knee up at an angle
11 Step Rt foot down and swing hips Rt,
&12 Swing hips Lt, swing hips Rt
& Hitch Lt knee up at an angle
13 Lt foot kick back on diag behind Rt foot,
& Lt knee hitch up again
14 Lt foot kick back on diag behind Rt foot,
& Lt knee hitch up again
15 Lt foot step forward,
& rock weight onto Rt foot,
16 Lt foot step back,
& rock weight onto Rt foot,
- 17 Lt foot step side,
& Rt toe touch next to Lt foot and clap up to Rt side,
18 Rt foot step side,
& Lt toe touch next to Rt foot and clap up to Lt side twice (&&),
19-21 Little steps to make a 3/4 turn Lt, walking Lt, Rt, Lt
22 Rt foot step side,
23 Jump crossing Rt foot over Lt, (legs are crossed)
& Jump feet apart,
24 Jump crossing Lt foot over Rt, (legs are crossed),
& Unwind a 1/2 turn Rt
23-24 Option
23& Lt foot step back, rock weight forward onto Rt,
24& Lt foot step forward, pivot 1/2 turn Rt,
- 25& Lt step side, bring Rt knee up to hitch swivelling Lt heel to Lt,
26& Rt step side, bring Lt knee up to hitch swivelling Rt heel to Rt,
27 Jump feet apart, (or step Rt)
& Jump feet so Rt foot is forward, Lt foot is back, (or hold)
28 Pivot 1/2 turn Lt, (or make half turn Lt by stepping round on Lt)
& Kick Rt foot forward,
(shake hands in air as you do the next 29-32)
29&30& Rt step side, Lt foot step together, Rt foot step side, Lt touch next to Rt,
31&32& Lt step side, Rt foot step together, Lt foot step side, Rt touch next to Lt...
- 33& Rt foot step forward, Lt toe touch behind Rt foot,
34& Lt foot step back, Rt toe touch forward,
35& Rt step side, Lt toe touch behind Rt foot,
36& Lt step side, Rt toe touch forward,
37& Rt step to side, rock weight onto Lt foot,
38& Rt cross over Lt, clap hands up to Rt,
39& Lt step to side, rock weight onto Rt foot,
40& Lt cross over Rt, clap hands up to Lt,
41& Rt foot step forward, rock weight back onto Lt foot,
42& Rt foot step back, rock weight forward onto Lt foot...
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