

**PELVIC AND KNEE ROLLS**

- 1 - 2 Bump hips (pelvic area) forward for 2 beats of music  
3 - 4 Bump hips (pelvic area) back for 2 beats of music  
5 - 8 With knees slightly bent, roll both knees counterclockwise making 2 complete circles

**HEEL TAPS & SAILOR SHUFFLE**

- 1 - 2 Tap left heel forward 2 times  
3 - 4 Tap left toe to the side 2 times  
5 Tap left heel forward for 1 time  
6 Tap left toe to the side 1 time  
7 Left foot steps back at a 45 degrees angle, crossing behind the right  
& Step to the right side with the ball of the right foot.

**/The left foot lifts slightly**

- 8 Left foot steps slightly to the left  
1 - 2 Tap right heel forward 2 times  
3 - 4 Tap right toe to the side 2 times  
5 Tap right heel forward 1 time  
6 Tap right toe to the side 1 time  
7 Right foot steps back at a 45 degrees angle crossing behind the left  
& Step to the left side with the ball of the left foot.

**/The right foot lifts slightly**

- 8 Right foot steps slightly to the right

**SAILOR SHUFFLES WITH HEEL SWIVELS AND 1/4 TURN**

- 1 Left foot steps back at a 45 degrees angle, crossing behind the right  
& Step to the right side with the ball of the right foot.

**/The left foot lifts slightly**

- 2 Left foot steps slightly to the left  
3 Right foot steps back at a 45 degrees angle crossing behind the left  
& Step to the left side with the ball of the left foot.

**/The right foot lifts slightly**

- 4 Right foot steps slightly to the right  
5 Swivel both heels to the left  
6 Swivel both heels turn to the right, twisting the body a 1/4 turn to the left  
7 Kick right foot forward and step back on ball of right foot  
& Slightly lift left foot  
8 Step down on left foot beside right

**STEP SLIDES AT 45 DEGREE ANGLE**

- 1 Step forward on right foot at 45 degrees angle to right  
2 Slide left foot up to right foot  
3 Step forward on right foot  
4 Scuff left heel next to right foot  
5 Step forward on left foot at 45 degrees angle to left  
6 Slide right foot up to left foot  
7 Step forward on left foot  
8 Scuff right heel making a 1/4 turn to left

**CROSS OVER & SAILOR SHUFFLES**

- 1 Cross right foot over in front of left putting weight on right foot  
2 Step slightly back on left foot  
3 Right foot steps back at a 45 degrees angle crossing behind the left  
& Step to the left side with the ball of the left foot.

**/The right foot lifts slightly**

4 Right foot steps slightly to the right  
5 Left foot steps back at a 45 degrees angle, crossing behind the right  
& Step to the right side with the ball of the right foot.

**/The left foot lifts slightly**

6 Left foot steps slightly to the left  
7 Right foot steps back at a 45 degrees angle crossing behind the left  
& Step to the left side with the ball of the left foot.

**/The right foot lifts slightly**

8 Right foot steps slightly to the right

**STEP SLIDES AT 45 DEGREES ANGLE**

1 Step forward on left foot at 45 degrees angle to left  
2 Slide right foot up to left foot  
3 Step forward on left foot  
4 Scuff right heel next to left foot  
5 Step forward on right foot at 45 degrees angle to right  
6 Slide left foot up to right foot  
7 Step forward on right foot  
8 Scuff left heel making a 1/4 turn to right

**CROSS OVER & SAILOR SHUFFLES**

1 Cross left foot over in front of right putting weight on left foot  
2 Step slightly back on right foot  
3 Left foot steps back at a 45 degrees angle crossing behind the right  
& Step to the right side with the ball of the right foot.

**/The left foot lifts slightly**

4 Left foot steps slightly to the left  
5 Right foot steps back at a 45 degrees angle, crossing behind the left  
& Step to the left side with the ball of the left foot.

**/The right foot lifts slightly**

6 Right foot steps slightly to the right  
7 Left foot steps back at a 45 degrees angle crossing behind the right  
& Step to the right side with the ball of the right foot.

**/The left foot lifts slightly**

8 Left foot steps slightly to the left

**REPEAT**