

Rock Forward, Recover, Toe back, ¼ Turn Left, Kick, Step, Roll Body Up

- 1 Rock forward on left foot
- 2 Recover with step on right
- 3 Place toe of left slightly back
- 4 Turn ¼ turn to left stepping down on left
- 5 Kick right foot in front of left
- 6 Step right foot down next to left
- 7-8 Place hands on knees, leaning body slightly forward and to the left, roll body around to the right and up on count 8 (leaving weight on left foot)

Kick and Step, Kick and Step, Scuff and Step, Lunge and Step

- 1 Kick right foot forward (arms: hands in fist position, place right arm over left and push arms straight out)
- & Bring right knee to hitch position (arms: hands in fist position, pull arms back to side, bending arms at elbows)
- 2 Step down on right foot (arms: hands in fist position, place arms straight down to side)
- 3 Kick left foot forward (arms: hands in fist position, place right arm over left and push arms straight out)
- & Bring left knee to hitch position (arms: hands in fist position, pull arms back to side, bending arms at elbows)
- 4 Step down on left foot (arms: hands in fist position, place arms straight down to side)
- 5 Scuff right foot forward
- & Hitch right knee
- 6 Step down on right
- 7 Lunge out to left side, placing ball of left to left
- 8 Step left foot next to right

Run to the Right, ½ Pivot Left, Step, Step, nod head up and back

- & Place ball of right foot forward
- 1 Step left foot in place
- & Place ball of right foot back
- 2 Step left foot in place
- & Place ball of right foot forward
- 3 Step left foot in place
- & Place ball of right foot back
- 4 Step left foot in place
- 5 Step right foot forward
- 6 Pivot ½ turn to left
- & Step right foot next to left, slightly out to right
- 7 Step left foot next to right, slightly out to left
- & Nod head up
- 8 Bring head back to home position

Jazz arms with a kick, Toes in, Heels in, Toes in, Punch

- 1 Place right fingers on left shoulder, place left fingers on right shoulder
- & Place right fingers on right shoulder, place left fingers on left shoulder
- 2 Hands in fist position, take arms down to sides
- & Hands in fist position, bend arms at elbows, while hitching right knee
- 3 Leaning slightly to the left, leave left arm in place, kick right leg out to right side while pushing right arm out to right side
- & Body back to home position, hands still in fist position, arms bent at elbows, hitch right knee
- 4 Hands in fist position, step down on right foot and place arms down to sides
(moving to right) Turn toes into each other
- 5 (moving to right) Turn toes into each other
- 6 (moving to right) Turn heels into each other
- 7 (moving to right) Turn toes into each other
- 8 Leaning slightly to right, punch right arm diagonally towards left foot

I hope you enjoy this dance. I wanted us to start moving more than just our feet so I added a little twist.