

Count In:4

Heel and Heel and Heel and Push Arms Forward, Forward, Touch , And Heel and Cross

- 1&2 Right Heel Forward and Together, Left Heel Forward
- &3-4 And Together, Right Heel Forward and Push Your Arms Forward on Count 3-4
- &5-6 And Together, Step Forward on Left, Touch Right next to Left
- &7 Step Back on Right and touch Left Heel Diagonal Forward
- &8 Step Left Beside Right and Cross Right Over Left

Unwind, Heel and Heel and Step, Touch, Unwind, Walk, Walk

- 1-2 Unwind 3/4
- 3&4 Touch Right Heel Forward and Together, Touch Left Heel Forward, On Count 3, Push Your Arms Forward, On Count &, Push Arms Back, On Count 4, Push Your Arms Forward
- &5-6 Step Left Next to Right and Push Your Arms Back, Step Forward on Right and Push Arms Forward, Touch Left Behind Right
- & Unwind 2/4
- 7-8 Walk Forward on Right, Left

Scuff, Step, Arms Out, Arms Forward, Arms Down, x2

- 1-2 Scuff Right Next to Left, Step Back on Right, Weight on Left
- 3&4 Arms Out to the Sides, Arms Forward, Arms Down
- 5-6 Scuff Right Next to Left, Step Back on Right, Weight on Left
- 7&8 Arms Out to the Sides, Arms Forward, Arms Down

Touch, Touch, Step, Scuff, Arms Out, Arms Forward, Arms Down, Hold

- 1-2 Touch Right Heel Forward, Touch Right Toe Back
- 3-4 Step Forward on Right, Scuff Left Next to Right
- 5 Step Back on Left, Weight on Left
- 6&7 Arms Out to the Sides, Arms Forward, Arms Down
- 8 Hold