

**WIGGLE**

1 - 4 Wiggle hips to 4 beats of music

**WALK**

5 - 7 Walk forward right, left, right  
8 Kick left foot forward  
9 - 11 Walk backward left, right, left  
12 Touch right toe behind  
13 - 15 Walk forward right, left, right  
16 Bring left together with right

**SKATE LEFT**

17 Turn 1/4 turn to left and step forward on left foot  
18 Bring right foot up next to left  
19 Step forward on left foot  
20 Bring right foot to meet left while making a 1/2 turn to left to face the opposite wall

**SKATE RIGHT**

21 Step forward on right foot  
22 Bring left up to meet right  
23 Step forward on right foot  
24 Bring left foot up to meet right while making 1/4 turn to left (you should be facing front wall)

**TWISTS**

25 - 28 (with weight on balls of both feet) twist body and heels to right, center, left, center

**PULLS LEFT**

29 - 30 Step left foot to side while grabbing an imaginary waist high bar with both hands and "pull" your hips towards it twice

**PULLS RIGHT**

31 - 32 Twist body to right while "pulling" your hips towards the imaginary bar twice (weight change to right foot on 2nd "pull")

**TURN**

33 Step forward on left foot and turn 1/4 turn to left at same time  
34 Step forward on right  
35 Rock back on left  
36 Kick right foot forward

**REPEAT**