
Dance starts on main vocals after the very short (4 second) intro. Weight on left.

Side. Together. Side. Back. Forward. Touch:Fwd-Left-Right (12:00)

- 1 – 2 Touch right to right side. Step right next to left.
3 – 4 Touch left to left side. Touch left backward.
5 – 6 Step forward onto left. Touch right forward.
7 – 8 Touch right across left. Touch right to right side.

1/4 Right Back. 2x Touch-Together. Touch. Walk:L-R (3:00)

- 9 – 10 Turn ¼ right & step backward onto right (3). Touch left backward.
11 – 12 Touch left next to right. Touch left backward
13 – 14 Touch left next to right. Touch left backward
15 – 16 (small steps) Walk forward: Left-Right.

1/2 Left Back. 2x Touch-Together. Touch. Fwd. 1/4 Pivot (6:00)

- 17 – 18 Turn ½ left & step backward onto left (9). Touch right backward.
19 – 20 Touch right next to left. Touch right backward.
21 – 22 Touch right next to left. Touch right backward.
23 – 24 Step forward onto right. Pivot ¼ left (weight on left).

3x Diagonal Cross-Hop Kick. Fwd. 1/2 Pivot (Tag & Restart) (12:00)

- 25 – 26 Cross right diagonally left. Hop on right - at same time flick kick left to left side.
27 – 28 Cross left diagonally right. Hop on left – at same time flick kick right to right side.
29 – 30 Cross right diagonally left. Hop on right - at same time flick kick left to left side.
31 – 32 Step forward onto left. Pivot ½ right (weight on right).

Counts 25-29: Diagonals move slightly forward.**Tag-Restart:Wall 1: Perform the Ball 'n' Chain tag then RESTART dance from count 1.**

&1&2&3&4&(&) with no weight – step ball of left next to right. (1) Step slightly forward onto right.

Repeat x3+

(the action of the Tag resembles that of somebody 'limping')

6x Soft Shoe Shuffle (12:00)

- 33& 34 (On the spot) Step left slightly in front of right, step right back slightly, slide left back to right toe.
35& 36 (On the spot) Step right slightly in front of left, step left back slightly, slide right back to left toe.
37 – 44 Repeat 33 – 36 x4.

Take A Breather: 1/2 Right (6:00)

- 45 – 48 Take A Breather: Place hands on knees & stepping L-R-L-R - turn ½ right.

6x Soft Shoe Shuffle (6:00)

- 49& 50 (On the spot) Step left slightly in front of right, step right back slightly, slide left back to right toe.
51& 52 (On the spot) Step right slightly in front of left, step left back slightly, slide right back to left toe.
53 – 60 Repeat 49 – 52 x4

Short Wall: Wall 2: (incl 'tag/restart')facing 3:00 and with no weight on right – restart dance with new wall.**Take A Breather: 1/4 Right (9:00)**

- 61 – 64 Take A Breather: Place hands on knees & stepping L-R-L-R - turn ¼ right.

Finish: Wall 6 (incl'tag/restart') dance up to Count 16 (facing 12:00) as music as the music is fading then: Step left foot next to right and with hands on knees – 'take a breather'**A (Left) Soft Shoe Shuffle – in detail.**

1. Step the left foot in front of right (the heel of the left is almost touching the toe of the right)
2. Step backward onto the right foot.
3. Slide/step the left backward towards the right - to a position identical to count 1.
(a similar move can be seen at the beginning of the dance video 'Running Man':
<http://dancejam.com/dances/running-man>)

A themed dance that's crazier than 'SURFS UP' and as fast.

Music download available from iTunes

