

**RUNNING MAN SEQUENCE**

- 1 & Step forward on right foot, step left foot in place
- 2 & Step back on right foot, step left foot in place
- 3 & Step forward on right foot, step left foot in place
- 4 Step right foot beside left foot
- 5 & Step forward on left foot, step right foot in place
- 6 & Step back on left foot, step right foot in place
- 7 & Step forward on left foot, step right foot in place
- 8 Touch left foot beside right foot

**SIDE, TOGETHER, SIDE, TOGETHER, SIDE, TOGETHER, SIDE; SIDE, TOGETHER, SIDE, TOGETHER, SIDE, TOGETHER, 1/4 TURN (WITH LATIN FLAIR)**

- 1 & Step left foot to left side, slide right foot beside left foot
- 2 & Step left foot to left side, slide right foot beside left foot
- 3 & Step left foot to left side, slide right foot beside left foot
- 4 Step left foot to left side
- 5 & Step right foot to right side, slide left foot beside right foot
- 6 & Step right foot to right side, slide left foot beside right foot
- 7 & Step right foot to right side, slide left foot beside right foot
- 8 Make 1/4 turn right onto right foot

**MAMBO LEFT, MAMBO RIGHT WITH 1/4 TURN RIGHT, MAMBO LEFT, MAMBO RIGHT WITH 1/4 TURN RIGHT**

- 1 & Step left foot to left side, step right foot in place
- 2 - 3 Step left foot beside right foot, Step right foot to right side
- & 4 Step left foot in place, make 1/4 turn right onto right foot
- 5 - 8 Repeat steps 1-4

**POINT, HITCH, POINT, HITCH, 1/2 TURN, 1/2 TURN, BUMP, BUMP, BUMP, BUMP**

- 1 & 2 Point left foot to left side, hitch left knee, step left foot forward
- 3 & 4 Point right foot to right side, hitch right knee, step right foot forward
- 5 Pivot 1/2 turn right on right foot, stepping back on left foot
- 6 Pivot 1/2 turn right on left foot, stepping forward on right foot
- & Step left foot to left side (with hip bump)
- 7 & 8 Bump hips to right, bump hips to left, bump hips to right

**SWING, TURN, SWING, TURN, SWING, TURN, 1/2 TURN**

- 1 Step forward on left foot (swinging arms forward)
- 2 Step back on right foot (swinging arms back)
- 3 Pivot 1/2 turn left onto left foot (swinging arms forward)
- 4 Step back on right foot (swinging arms back)
- 5 Pivot 1/2 turn left onto left foot (swinging arms forward)
- 6 Step back on right foot (swinging arms back)
- & Step left foot beside right foot
- 7 Step forward on right foot
- 8 Pivot 1/2 turn onto left foot

**REPEAT**