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- 1,2 Rock onto right to right side, rock onto left to left side
3 & 4 Cross right behind left, step left to left side, cross right over left
5,6 Rock onto left to left side, rock onto right to right side
7 & 8 Cross left behind right, step right to right side, cross left over right
1 Touch right toe to right side
& 2 Bring right together, touch left toe to left side
& 3 Bring left together, touch right heel forward
& 4 Bring right together, touch left toe back
5 & 6 Kick left forward, step on ball of left foot beside right, step forward on right
7 & 8 Kick left forward, step on ball of left foot beside right, step forward on right
1 - 4 Step left forward, slide right beside left, step left forward, slide right beside left
5,6 Step left forward, pivot 1/2 turn right
7 - 8 Shuffle forward left-right-left
1,2 Rock forward onto right, rock back onto left
3 & 4 Triple step right-left-right turning 3/4 turn right
5,6 Step left forward, pivot 1/4 turn right
7,8 Step left forward, pivot 1/2 turn right
1 & 2 Kick left forward, ball change left-right
& 3 Step left to left side, step right in place
4,5 Rock back onto left, rock forward onto right
6 - 8 Rock onto left to left side, rock onto right to right side, cross left over right
1 & 2 Shuffle right-left-right to right side
3,4 Rock back onto left behind right, rock forward onto right
5,6 Step left to left side, step right behind left
7,8 Step left to left side turning 1/4 turn left, step right forward turning 1/2 turn left
1 Step left back turning 1/2 turn left
2,3 Step right forward, pivot 1/2 turn left
4 Scuff right forward
5 Hitch right knee while scooting forward on left
6 Stomp right beside left (placing both hands on hips)
7,8 Turn head & look 1/4 turn over left shoulder to left, turn head 1/4 turn right
1 & 2 Kick right forward, ball change right-left, landing right foot slightly behind left
3,4 Turn 1/2 turn right on balls of both feet, brush up right to left knee
5,6 Rock forward onto right heel with toe raised while lifting left heel, drop left heel
7,8 Rock back onto right toe with heel raised while lifting left toe, drop left toe
1 & 2 Shuffle forward right-left-right
3,4 Rock forward onto left, rock back onto right
5 & 6 Shuffle back left-right-left
7,8 Rock back onto right, rock forward onto left
1,2 Step right forward at 45 degrees right, lock left behind right
& 3,4 Step right in place, step left forward at 45 degrees left, lock right behind left
& 5,6 Step left in place, step right forward at 45 degrees right, lock left behind right
& 7,8 Step right in place, step left forward at 45 degrees left, lock right behind left
& 1 Step left in place, step forward on right
2 Turn 1/2 turn left
3,4 Rock forward onto right heel with toe raised while lifting left heel, drop left heel
5,6 Rock back onto right toe with heel raised while lifting left toe, drop left toe
7 & 8 Shuffle forward right-left-right turning 3/4 turn left
1 - 4 Step left to left side & rock hips left, right . Left . Stomp right beside left
5 - 8 Vine right-left-right turning 1-1/4 degrees right, step forward on left
1,2 Kick right forward, kick right out to right side
& 3,4 Step right in place, kick left forward, kick left out to left side
& 5,6 Step left in place, kick right forward, kick right out to right side
& 7,8 Step right in place, kick left forward, kick left out to left side
& 1,2 Step left back, bring right together, step left forward
3 & 4 Shuffle forward right-left-right turning 1/2 turn left

- 5 & 6 Shuffle back turning 3/4 turn left
- 7,8 Step right to right side, step left behind right
- & 1 Step right to right side, cross left over right
- & 2 Step right to right side, cross left behind right
- & 3 Step right to right side, cross left over right (taking weight onto left)
- 4 Touch right toe to right side
- 5,6 Cross right over left, unwind turning 1/2 turn left
- 7 Stomp right out to right side & click fingers of right hand at shoulder level
- 8 Stomp left out to left side (shoulder width apart) & click fingers of left hand at shoulder level
- 1,2 Jump feet together, slap both hands in a downwards motion across thighs
- 3,4 Touch right heel forward, touch right toe to right side
- 5,6 Touch right heel forward, touch right toe across in front of left
- 7,8 Touch right heel forward, touch right toe back
- 1 - 4 Vine to right right-left-right, touch left beside right & clap
- 5 - 7 Vine to left left-right-left turning 1-1/4 degrees left
- 8 Hitch right knee while scooting forward on left foot
- 1,2 Step forward on right at 45 degrees right bump hips forward twice
- 3 - 6 Bump hips back, back, forward, back (taking weight on left)
- 7,8 Step forward on right, scuff left forward
- 1,2 Cross left over right, turn 1/4 turn right keeping weight on right
- 3,4 Hitch left knee, step back on left & click fingers of both hands at shoulder height

/The following shoulder rolls are done while leaning upper body back & are accompanied by arm rolls all in a to the left motion

- 5 Roll right shoulder back while rolling right arm under left
- 5 Roll left shoulder back while rolling left arm under right
- 5 Roll right shoulder back while rolling right arm under left
- 5 Roll left shoulder back while rolling left arm under right
- 1,2 Shimmy shoulders forward twice bending slightly forward
- 3,4 Shimmy shoulders back twice returning to upright position
- 5 Jump onto right turning 1/4 turn right while flicking left out behind right
- 6,7 Scuff left forward, step left forward turning 1/4 turn right
- 8 Turn 1/2 turn right and step onto right
- 1,2 Rock onto left heel across in front of right with toe raised, rock back onto right
- 3,4 Touch left toe to left side with heel raised, drop left heel
- 5,6 Rock onto right heel across in front of left with toe raised, rock back onto left
- 7,8 Touch right toe to right side with heel raised, drop right heel
- 1,2 Tap left heel twice pushing left knee slightly in each time
- 3,4 Tap right heel twice pushing right knee slightly in each time
- 5 Push left knee in (bending left leg and straightening right leg)
- 6 Push right knee in (bending right leg and straightening left leg)
- 7 Push left knee in (bending left leg and straightening right leg)
- 8 Push right knee in (bending right leg and straightening left leg) take weight on left
- 1 & 2 Kick right forward, ball change right-left landing right slightly behind left
- 3,4 Twist whole body 1/4 turn right, twist whole body 1/4 turn left
- 5,6 (coaster step) step back onto right, step left together, step forward on right
- 7 & 8 Shuffle forward left-right-left
- 1,2 Step forward on right, pivot 1/4 turn left
- 3,4 Step forward on right, pivot 1/2 turn left
- 5 & 6 Shuffle forward right-left-right turning 1/2 turn left
- 7 & 8 Shuffle back left-right-left turning 3/4 turn left

REPEAT