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Heel, Heel, Heel, Heel, Rock, Recover, Coaster step
$1 \& 2 \&$. Touch left heel forward, Lift left knee, Touch left heel forward, Step left foot next to right.
$3 \& 4 \&$. Touch right heel forward, Lift right knee, Touch right heel forward, Step right foot next to left.
5-6 Rock forward on left foot. Recover onto right foot.
7\&8 Step back on left foot, Step right foot next to left, Step forward slightly on left foot.
Hip shimmy to the side, Together, Hold, Hip shimmy to the side, Together, Hold
9\&10 Step right foot to the side as you bump the hips right, Bump hips left, bump hips right.
11-12 Step left foot next to right. Hold. (clap as an option).
$13 \& 14$ Step right foot to the side as you bump the hips right, Bump hips left, bump hips right.
15-16 Step left foot next to right. Hold. (clap as an option).
Shuffle forward, Step, $1 / 2$ turn, Turning shuffle, Rock, Recover
17\&18 Step forward on right foot, Step left foot next to right, Step forward on right foot.
19-20 Step forward on left foot. Turn a $1 / 2$ turn to right.
21\&22 Turn $1 / 4$ turn to right while stepping the left foot to the side, Step right foot next to left, Turn $1 / 4$ turn to right while stepping back on the left foot.
23-24 Rock back on right foot. Recover onto left foot.

## 1/4 turn with hip rolls, Jazz triangle, Stomp (touch)

25 Step forward on right foot.
26-27 Roll the hips counter-clockwise turning 1/8 turn to left. Step slightly forward on right foot.
28-29 Roll the hips counter-clockwise turning $1 / 8$ turn to left. Step right foot across left.
30-31 Step back on left foot. Step right foot to the side.
32 Stomp left foot next to right.
(Option: Touch left foot next to right.)

