

TOUCH, FORWARD, (TOUCH, BACK) TWICE, TOUCH IN OUT IN, FORWARD, ½ TURN BACK, TOUCH, BACK, TOUCH FORWARD TWICE

- &1&2 Touch right foot, step right forward touch left foot, step left back
&3 Touch right foot, step right back
&4& Touch left foot in out in
5-6 Step left forward, make a ½ turn left stepping right back (6:00)
&7&8 Touch left foot, step in place on left, touch right foot twice

TOUCH, FORWARD, (TOUCH, BACK) TWICE, TOUCH IN OUT IN, FORWARD, ½ TURN BACK, TOUCH, BACK, TOUCH FORWARD TWICE

- 1&2 Step right forward, touch left foot, step left back
&3 Touch right foot, step right back
&4& Touch left foot in out in
5-6 Step left forward, make a ½ turn left stepping right back (12:00)
&7&8 Touch left foot, step in place on left, touch right foot, step right forward

ROCK FORWARD, BACK & FORWARD, ROCK BACK, FORWARD, BACK, STEP, RECOVER, SIDE SHUFFLE

- 1&2 Rock right forward, rock back onto left, rock right forward (shoulder shrug & bounce forward)
3&4 Rock back onto left, rock right forward, rock back onto left (shoulder shrug & bounce backward)
5-6 Step right to right, recover onto left
7&8 Step right to right, step left beside right, step right to right

STEP, RECOVER, SIDE SHUFFLE, SYNCOPATED SAILOR STEP TWICE, ¼ TURN

- 1-2 Step left to left. Recover onto right
3&4 Step left to left side, step right beside left, step left to left
&5&6 Recover onto right, step left back, recover onto right, step left to left
&7&8 Recover on right, make ¼ turn left stepping left back, recover onto right, step left forward (9:00)

WALK FORWARD AND STEP BACK WITH KNEE POP

- 1-2 Walk forward right, left --pop knee
3&4 Walk forward right, left, right - pop knee
5-6 Step back on left, right
7&8 Step left beside right, step in place right, left with pop knee

(STEP, PIVOT ¼ TURN RIGHT) TWICE, STEP, KICK, STEP, TOGETHER, STEP IN PLACE

- 1-2 Step right forward, pivot ¼ turn left (weight on left) (6:00)
3-4 Step right forward, pivot ¼ turn left (weight on left) (3:00)
5-6 Step right forward, kick left forward
7&8 Run left back, step right next to left, step left in place

CAMEL WALK MOVING FORWARD - HEEL WALK X 8

- 1-2 Walk forward with left heel up - right, left
3&4 Walk forward with left heel up - right, left, right
5-6 Walk forward with right heel up - left, right
7&8 Walk forward with right heel up - left, right, left

(STEP, PIVOT ¼ TURN) X 4

- 1-2 Step right forward, pivot ¼ turn left (weight on left) (12:00)
3-4 Step right forward, pivot ¼ turn left (weight on left) (9:00)
5-6 Step right forward, pivot ¼ turn left (weight on left) (6:00)
7-8 Step right forward, pivot ¼ turn left (weight on left) (3:00)

SIDE, TOGETHER, SIDE, TOUCH, LEFT ROLLING VINE

- 1-2 Step right to right side, step left beside right (3:00)
3-4 Step right to right side, touch left beside right
5-6 Make a ½ turn stepping left to left side, make a ½ turn left stepping right to right side
7-8 Step left to left side, touch right beside left

STEP BACK- RIGHT, LEFT, RIGHT, LEFT, TOUCH, STEP

- 1-4 Step back- right, left, right, left
5-6 Touch right foot twice, step right forward (diagonally right)
7-8 Touch left foot twice, step left forward (diagonally left)
Option: 5&6 Hop (both feet together) 3 times - ½ right
7&8 Hop (both feet together) 3 times - ½ left