

---

32 Count Intro starting on vocals

### **L.R.L IN PLACE, SQUAT KICK, BEHIND & INFRONT, FULL TURN SWEEP**

- 1&2 Starting with feet slightly apart weight on right foot hop/jump/bounce onto left foot, repeat onto right foot, repeat onto left foot, keeping feet shoulder width apart at all times.
- 3,4 Still keeping feet apart drop body down left, going across to right, then back up right side in anti clockwise semi circle taking both hands in same circle lowering to floor and pulling them in as you straighten up. Step left beside right, kick right to right side.
- 5&6 Step right behind left, step left to left side, cross right over left.
- 7,8 Sharp unwind  $\frac{1}{2}$  turn over left shoulder keeping weight on right, sharp unwind  $\frac{1}{2}$  turn over left shoulder sweeping left out and around.

### **BEHIND & INFRONT, ROCK & CROSS, SIDE BEHIND, $\frac{1}{4}$ WALK FORWARD L.R.L**

- 1&2 Step left behind right, step right to right side, cross left over right.
- 3&4 Rock right to right side, recover onto left, cross right foot over left.
- 5,6 Step left to left side whilst hitching right, step right behind left whilst hitching left.
- 7&8  $\frac{1}{4}$  turn left stepping forward onto left, step forward onto right, step forward onto left.

### **TOUCH & HEEL, STEP $\frac{1}{2}$ STEP, WALK FORWARD L.R, L.R.L**

- 1&2 Touch right beside left, step back onto right, dig left heel forward.
- &3&4 step onto left, step forward onto right,  $\frac{1}{2}$  turn over left shoulder stepping onto left, step forward onto right.
- 5,6 (For counts 5,6 7&8, imagine your knees are joined together squat down in a slightly crouched position). As you walk forward left take both knees to left and both hands to left, as you walk forward right take both knees to right and both hands to right.
- 7&8 repeat counts 5 and 6, as you step forward left right left straightening up on your last step.

### **TOUCH & HEEL, & SIDE OUT OUT, LUNGE, LUNGE, $\frac{3}{4}$ SWEEP**

- 1&2 Touch right beside left, step back onto right, dig left heel forward.
- &3&4 step left beside right, step right to right side, twist both heels out, twist both heels back to place.
- 5,6 lean body to left raising left shoulder, lean body to right raising right shoulder.
- 7,8 whilst taking weight back onto the left sweep right foot out and around turning  $\frac{3}{4}$  turn over left shoulder, step right beside left.

### **TAG: END OF WALL 7 FACING BACK WALL**

- 1,2 Brush left shoulder with right hand whilst transferring weight onto left, brush right shoulder with left hand whilst transferring weight onto right.
- 3,4 Punch right fist to left diagonal whilst transferring weight onto left, leaving right hand forward, punch left fist to right diagonal whilst transferring weight onto right.
- 5,6 Thrust hips forward to left diagonal pulling arms back to sides, recover back onto right.
- 7,8 Step onto left sweeping right out and around turning full turn over left shoulder, step onto right.

### **ENDING: END OF WALL 11 FACING BACK WALL**

At end of track there is one count left facing the back wall; jump onto left foot kicking right to right side clicking left fingers across chest.