

拍数: 64      墙数: 0      级数:  
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音乐: Unknown

**SIDE SHUFFLE - ROCK, STEP**

1&2      Traveling side right, shuffle right, left, right  
3-4      Left rock step behind right - step right in place  
5&6      Traveling side left, shuffle left, right, left  
7-8      Right rock step behind left - step left in place

**FORWARD SHUFFLE - ROCK, STEP WITH ½ TURN**

9&10      Traveling forward, shuffle right, left, right (start ½ turn to left)  
11-12      Left rock step back - step right in place (completing ½ turn to left)  
13&14      Traveling forward, shuffle left, right, left (start ½ turn to the right)  
15-16      Right rock step back - step left in place (completing ½ turn to the right)

**FORWARD SHIMMY (HIP WIGGLES)**

17-18      Right step straight forward - hold, wiggle hips  
19-20      Touch left beside right - hold  
21-22      Left step straight forward - hold, wiggling hips  
23-24      Touch right beside left - hold

**BACKWARD TOE - HEEL STRUT**

25-26      Step back on the balls of right - slap right heel down  
27-28      Step back on the balls of left - slap left heel down  
29-30      Step back on the balls of right - slap right heel down  
31-32      Step back on the balls of left - slap left heel down

**SIDE STEP - SIDE SHUFFLE**

33-34      Step right to right side - step right behind left  
35&36      Traveling side right, shuffle right, left, right

**LEFT VINE WITH ¼ TURN LEFT**

37-38      Step left to side - step right behind left  
39-40      Step left make ¼ turn left - scuff right beside left

**SHIMMY TO THE RIGHT**

41-42      Step right to the right side - hold, wiggling hips  
43-44      Step left beside right - hold

**HEEL - TOE SWIVELS**

45-46      Traveling left, swivel both heels - swivel both toes  
47-48      Traveling left, swivel both heels - toes to center

**KICKBALL CHANGE**

49&50      Kick right forward - stepping on ball of right beside left - step left in place  
51&52      Kick right forward - stepping on ball of right beside left - step left in place  
53&54      Right heel touch front - step right beside left - left heel touch front  
55-56      Step left beside right - step right slightly diagonal forward right slide left beside right and clap

**HIP BUMPS - KNEE PUMPS**

|       |                             |
|-------|-----------------------------|
| 57-58 | Bump hips to left twice     |
| 59-60 | Bump hips to right twice    |
| 61-62 | Bump hips to left twice     |
| 63-64 | Pump knee up and down twice |

## **REPEAT**

## **OPTION**

**Add the following hand motions on counts 57-64:**

|       |                                                                                                                             |
|-------|-----------------------------------------------------------------------------------------------------------------------------|
| 57-58 | Take left hand to the front of chest and move from center to left side                                                      |
| 59-60 | Take right hand to the front of chest and move from center to the right side                                                |
| 61-62 | Take left hand to the front of chest and move from center to left side                                                      |
| 63-64 | Take both hands together to the left side just above the left shoulder and pump knees down and up twice and shout "WOO WOO" |

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