

Source : Copperknob

LUNGES R L R L (2x)

- 1 – 2 Lunge R touching R to right side, step R next to L
- 3 – 4 Lunge L touching L to left side, step L next to R
- 5 – 6 Lunge R touching R to right side, step R next to L
- 7 – 8 Lunge L touching L to left side, step L next to R

SHUFFLE FORWARD RIGHT, SHUFFLE FORWARD LEFT, STEP BACK RLRL

- 1&2 Shuffle forward RLR (step R forward, step L next to R, step R forward)
- 3&4 Shuffle forward LRL (step L forward, step R next to L, step L forward)
- 5–8 Step back R, L, R, L

Répéter les comptes de 1 à 16 (au dernier compte faire un touch PG près du PD)

STEP L, R KNEE IN, OUT, IN, OUT, IN, STEP, STEP

Au cours des 6 prochains comptes, Pdc sur PG avec genou fléchi et Buste légèrement penché

- 1–2 Step L to left side, slightly bend left knee & turn right knee in towards left knee
- 3–4 Bring right knee back to center, turn right knee in towards left knee

Sur les comptes 5 à 7, commencer lentement à remonter

- 5–6 Bring right knee back to center; turn right knee in towards left knee
- 7–8 Bring right knee back to center stepping on the R, step L beside R

TAP R HEEL FORWARD, ¼ TURN RIGHT TAP R FORWARD, TRIPLE STEP (REPEAT ON LEFT)

- 1 - 2 Tap R heel forward, Turn ¼ right tapping R heel forward (3h)
- 3&4 Right triple in place RLR
- 5 – 6 Tap L heel forward, Turn ¼ left tapping L heel forward (12h)
- 7&8 Step L to center, Step R beside L, Touch L beside R

Répéter les comptes de 1 à 16 (au dernier compte mettre PG près du PD)

¼ RIGHT SHUFFLE FORWARD, STEP ½ PIVOT RIGHT, L SHUFFLE FORWARD, STEP, ¼ L

- 1&2 ¼ turn right shuffle forward RLR (3h)
- 3–4 Step forward L, ½ pivot turn right and step on R (9h)
- 5&6 Shuffle forward LRL
- 7–8 Step forward R, make ¼ turn left and step L beside R (6h)

HIP DIPS RLRL

- 1–2 Step R to right dipping hips down and toward right, Touch L to left side
- 3–4 Step L to left dipping hips down and toward left, Touch R to right side
- 5–8 Repeat steps 1 – 4 above

Répéter les comptes 1 à 16 (12h)

TRAVELING RIGHT STEP SIDE TOGETHER (2X); REPEAT TRAVELING LEFT (Elvis knees)

- 1–2 On balls of both feet, step R to right side and pop knees out, step L next to R and close knees
- 3–4 On balls of both feet, step R to right side and pop knees out, touch L next to R and close knees
- 5–6 On balls of both feet, step L to left side and pop knees out, step R next to L and close knees
- 7–8 On balls of both feet, step L to left side and pop knees out, touch R next to L and close knees

TRAVELING RIGHT STEP SIDE TOGETHER (2X); REPEAT TRAVELING LEFT (Elvis knees)

- 1–2 On balls of both feet, step R to right side and pop knees out, step L next to R and close knees
- 3–4 On balls of both feet, step R to right side and pop knees out, touch L next to R and close knees
- 5–6 On balls of both feet, step L to left side and pop knees out, step R next to L and close knees
- 7–8 On balls of both feet, step L to left side and pop knees out, touch R next to L and close knees

TOE SWITCHES, TOE TAPS

- 1&2& Tap R toe forward, step R next to L, Tap L toe forward: Step L next to R
- 3–4 Tap R toe forward, **4) HOLD**
- &5 –6 Step R next to L, Tap L toe forward, **6) HOLD**
- &7&8 Step L next to R, Tap R toe forward, Step R next to L, Tap L toe forward

TOE TAPS, ½ TURN WITH TOE TAPS

- &1–2 step L next to R, Tap R toe forward, **2) HOLD**
- &3–4& Step R next to L, Tap L toe forward, **4) HOLD**, Step L next to R
- 5&6& Gradually making ¼ turn left, Tap R toe forward, Step R next to L, Tap L toe forward, Step L next to R
- 7&8& Gradually making ¼ turn left, Tap R toe forward, Step R next to L, Tap L toe forward, Step L next to R (6h)

Et on recommence avec le sourire

