

**Count:** 40

**Wall:** 4

**Level:** intermediate

**Choreographer:** Kathy Brown & Nancy A. Morgan

**Music:** Connected by Stereo MCs

## **CROSS-ROCK-TOGETHER, CROSS-ROCK-TOGETHER, STEP, ½ PIVOT, 2 COUNT FULL TURN TO LEFT**

- 1&2** Cross-rock forward with right crossing left then return weight to left, step right next to left
- 3&4** Cross-rock forward with left crossing right then return weight to right, step left next to right
- 5-6** Step forward on right, pivot ½ turn to left (weight ends on left)
- 7** Step forward on right as you turn ½ turn to your left (weight is on right)
- 8** Step forward on left as you turn ½ turn to your left (weight is on left)

## **ROCK FORWARD AND TOGETHER, BOUNCE 3 TIMES AS YOU TURN ¼ TO LEFT, BODY ROLL, KNEE ROLL**

- 1&2** Rock forward on right and back on left, step right next to left
- 3&4** With feet still together, lean upper body forward and bounce on heels 3 times as you turn ¼ turn to your left
- 5-6** Body roll up, (start with chest for the roll) (option, 3 ct bounce upper body to a standing position)
- 7-8** Roll left knee starting with knee facing right knee and rolling to outside (this is actually done by rolling your left foot from right side of ball of foot, around toes to left side of ball of foot)

## **KNEE ROLL WITH ¼ TURN TO RIGHT, COASTER STEP, STEP, ¾ TURN HOOK, STEP-LOCK-STEP**

- 1-2** Roll right knee starting with knee facing left knee and rolling to outside as you turn ¼ turn to your right (this is actually done by rolling your right foot from left side of ball of foot, around toes to right side of ball of foot)
- 3&4** Coaster step - step back on right, back on left, forward on right
- 5-6** Step forward on left, turn ¾ turn to your right as you hook your right foot across your left ankle
- 7&8** Lock-step - step right forward, slide left behind right, step right forward

## **2 FUNKY HIP BUMPS, SAILOR SHUFFLE, ½ TURN COASTER STEP**

- 1&2** Touch left toe forward as you bump your left hip forward 3 times (weight shifts to left on 3rd bump)
- 3&4** Touch right toe forward as you bump your right hip forward 3 times (weight shifts to right on 3rd bump)
- 5&6** Sailor shuffle - step left behind right, step right to right side, step left diagonally forward
- 7&8** As you turn ½ turn to your right, coaster step -- step back on right, back on left, forward on right

## **OUT, OUT, 2 FUNKY SHOULDER SHRUGS, WALK, WALK**

- 1-2** Step left foot forward and to left side, step right foot forward to right side (feet are shoulder width apart)
- 3&4** As you lean to your right side, bounce shoulders 3 times, to add a little extra umph, put your hands down by your sides with your palms facing the floor and your fingers facing out
- 5&6** As you lean to your left side, bounce shoulders 3 times, to add a little extra umph, put your hands down by your sides with your palms facing the floor and your fingers facing out
- 7-8** Walk forward with attitude - right, left

## **REPEAT**