J-WALK

ROCKS, TRIPLE STEPS:
1-2  Step forward on right heel, rock back left
3&4  Triple-step in place - right, left, right
5-6  Step forward on left heel, rock back right
7&8  Triple-step in place - left, right, left

PIVOT, KNEE PUSHES:
9-10  Step forward right pivoting ¼ turn to left, step left
11-12 Stomp right, stomp left
13-14 Push right knee forward with right heel raised, hold
15-16 Bringing right knee back, push left knee forward with left heel raised, hold

FORWARD, ½ TURN, BACKWARD:
17-18  Walk forward right, walk forward left
19-20  Walk forward right, pivot ½ turn to left on balls of both feet keeping weight on right
21-22  Walk back left, walk back right
23-24  Walk back left, touch right toe beside left
Hitchhiker: During backward walk raise right hand to shoulder height sticking thumb out pointed backwards. Move right hand and thumb 4 times in a backward motion as if trying to hitch a ride.

CROSS STEPS, ½ PIVOT:
25-26  Touch right toe to right side, cross step right over left
27-28  Touch left toe to left side, cross step left over right
29-30  Touch right toe to right side, cross step right over left
31-32  Pivot ½ turn to left on balls of both feet, hold clapping hands

Repeat