

SCUFF, TWIST, SAILOR SHUFFLE, SAILOR SHUFFLE

- 1 Scuff left foot forward and then to side (in an arc pattern)
 - 2 Touch left foot out to side
 - 3 Leaving the ball of the left foot on the floor, rotate (twist) the hip so the knee is turned in
 - 4 Rotate the hip back to a natural position and put weight onto the left foot
 - 5&6 Sailor shuffle right (cross right behind, step side left, step forward right)
 - 7&8 Sailor shuffle left (cross left behind, step side right, step forward left)
- Option: on 7&8, doing same footwork, turn all the way around left**

REPEAT
