1. GROOVE Step:
   Tapping feet SIDE to SIDE: Single, Single, Double (4X)
   Switch to heels (or knees) to FRONT: Single, Single, Double (4X)

2. “Are You Ready?”
   SLIDE to the LEFT; RIGHT arm out to the side
   SLIDE to the RIGHT; LEFT out to the side
   SLIDE to the LEFT; RIGHT arm out to the side
   SLIDE to the RIGHT; LEFT out to the side
   
   SLIDE to the FRONT: BOTH arms pull back
   SLIDE to the BACK: BOTH arms push forward
   SLIDE to the FRONT: BOTH arms pull back
   SLIDE to the BACK: BOTH arms push forward

3. “It’s Just like your favorite ride”
   DRIVE the car LEFT and RIGHT (4x)
   SLIDE LEFT; BOTH arms to the RIGHT
   SLIDE RIGHT; BOTH arms to the LEFT
   SHOULDER SLIDE (1, 2, 3, stop)
   SHOULDER SLIDE (1, 2, 3, stop)
4. GROOVE Step:
   Tapping feet SIDE to SIDE: Single, Single, Double (4X)

5. “SLIDE… LEFT!” Stomp; Shoulders up & down
   “SLIDE… RIGHT!” Stomp; Shoulders up & down
   “SLIDE to the FRONT!” Stomp; Shoulders up & down
   “SLIDE to the BACK!” Stomp; Shoulders up & down
   “SLIDE … LEFT!” Stomp; Shoulders up & down
   “SLIDE … RIGHT!” Stomp; Shoulders up & down
   “SLIDE to the FRONT!” Stomp; Shoulders up & down
   “SLIDE to the BACK!” Stomp; Shoulders up & down

   “STOP!” FREEZE and POSE

6. GROOVE Step:
   Tapping feet SIDE to SIDE: Single, Single, Double (4X)

7. “SLIDE and CROSS!”
   “SLIDE and CROSS!”
   “SLIDE and CROSS!”
   “SLIDE and CROSS!”

   “STOP!” FREEZE and POSE