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- R Triple, L Triple, R Rock Back, L Step (ladies' East Coast Basic)**  
1 & 2 Step R To Side, Step L Beside Right, Step R In Place  
3 & 4 Step L To Left, Step R Beside Left, Step L In Place  
5 - 6 Step R Back, Step L In Place
- R Touch, R Step, L Triple, R Rock Back, L Step**  
7 - 8 Touch R Beside Left, Step R Beside Left,  
1 & 2 Step L To Side, Step R Beside Left, Step L In Place  
3 - 4 Step R Back, Step L In Place
- R Kick Ball Change X 2**  
5 & 6 Kick R Forward, Step R Back, Step L In Place  
7 & 8 Kick R Forward, Step R Back, Step L In Place
- R Side Shuffle, L Step Forward, R Toe Touch**  
1 & 2 Step R To Side, Step L Beside Right, Step R To Side  
3 - 4 Step L Forward, Touch R Toe Behind Left
- R Step Back, L Kick Forward, L Triple**  
5 - 6 Step R Back, Kick L Forward,  
7 & 8 Step L Back, Step R Beside Left, Step L In Place
- R Heel Grinds Moving Left X 2**  
1 - 2 Step R Heel Across In Front Of Left With Toe Pointing Left, Step L To Side While Twisting On Right  
Heel So Toe Points Right,  
3 - 4 Step R Heel Across In Front Of Left With Toe Pointing Left, Step L To Side While Twisting On Right  
Heel So Toe Points Right
- Box Step Making 1/4 Turn Right**  
5 - 6 Step R Across In Front Of Left, Step Left Back,  
7 - 8 Step R To Side Making 1/4 Turn Right, Step L Forward
- R Shuffle Forward, L Rock Forward, R Step**  
1 & 2 Step R Forward, Step L Beside Right, Step R Forward,  
3 - 4 Step L Forward, Step R In Place
- L Shuffle Back, R Rock Back, L Step**  
5 & 6 Step L Back, Step R Beside Left, Step L Back  
7 - 8 Step R Back, Step L In Place
- R Side Shuffle, L Cross Shuffle**  
1 & 2 Step R To Side, Step L Beside Right, Step R To Side  
3 & 4 Step L Across In Front Of Right, Step R To Side, Step L Across In Front Of Right
- Weave Moving Left (right Cross Behind Lead)**  
5 - 6 Step R In Place Behind Left, Step L To Side  
7 - 8 Step R Across In Front Of Left, Step L To Side
- R Kick Ball Change, R Step Forward, L Touch**  
1 & 2 Kick R Forward, Step R Back, Step L In Place  
3 - 4 Step R Forward, Touch L Beside Right
- L Kick Ball Change, L Step Forward, R Touch**  
5 & 6 Kick L Forward, Step L Back, Step R In Place  
7 - 8 Step L Forward, Touch R Beside Left
- R Kick, R Step Back, L Kick, L Slow Coaster, R Heel Bounce X 2**  
1 - 2 Kick R Forward, Step R Back  
3 - 4 Kick L Forward, Step L Back

5 - 6  
7 - 8

Step R Beside Left, Step L Forward  
Step R Forward And Bounce Heel, Bounce R Heel

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