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- S - 1      SIDE BACK ROCK, 1/4 TURN SWEEP, CROSS BACK 1/2 TURN, STEP 1/2 TURN 1/4 TURN BACK ROCK**  
1 2 &      Step L to L side, Rock R behind L, Recover onto R  
3 4 &      Make 1/4 turn R stepping R forward and sweeping L around, Cross L over R, Step R back  
5 6 &      Make 1/2 turn L stepping L forward, Step R forward, Make 1/2 turn R stepping L back  
7 8 &      Make 1/4 turn R stepping R to R side, Rock L behind R, Recover forward onto R
- S - 2      SIDE, CROSS ROCK SIDE ROCK BACK ROCK, SIDE BACK ROCK 1/4 TURN, 1/2 TURN RUN RUN**  
1 2 &      Step L big step to L side, Cross rock R over L, Recover onto L  
3 & 4 &      Rock R out to R side, Recover onto L, Rock R behind L, Recover onto L  
5 6 &      Step R big step to R side, Rock L behind R, Recover onto R  
7 8 &      Make 1/4 turn R stepping back on L, Make 1/2 turn R stepping R forward, Step L forward
- S - 3      SWEEP, CROSS SIDE BEHIND, BEHIND 1/4 TURN STEP, FULL TURN ROCK RECOVER**  
1 2 &      Step R forward and sweep L around, Cross L over R, Step R to R side  
3 4 &      Cross L behind R and sweep R around, Cross R behind L, make 1/4 turn L stepping L forward  
5 6 &      Step R forward (prep for full turn R), Make 1/2 turn R stepping L back, Make 1/2 turn R stepping R forward  
7 8      Rock forward on L, Recover back onto R
- S - 4      1/4 TURN SWAY SWAY TOGETHER**  
1 2 &      Make 1/4 turn L and sway L to L side, Sway to R, Step L beside R
- S - 5      WALK WALK STEP 1/2 TURN 1/4 SWEEP, CROSS ROCK RECOVER, CROSS 1/4 TURN 1/4 TURN CROSS**  
1 2      Walk forward R, Walk forward L (Cross over slightly on the walks)  
3 4 &      Step R forward, Pivot 1/2 turn L taking weight forward onto L, Make 1/4 L sweeping R around  
5 6 &      Cross R over L, Rock L out to L side, Recover onto R  
7 & 8 &      Cross L over R, Make 1/4 turn L stepping back on R, Make 1/4 turn L stepping L to L side, Cross R over L
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