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- Sec.1 Walk Forward, Kick Ball Change, Pivot ½ Turn , Shuffle Forward**
1 - 2 Walk forward Right, Left.
3 & 4 Kick Right forward, step ball of Right beside left, step Left beside Right.
5 - 6 Step forward Right, Pivot 1/2 turn Left
7 & 8 Step Right forward, step Left close to Right, step Right forward.
- Sec.2 Walk Forward, Kick Ball Change, Pivot 1/2 Turn , Shuffle Forward**
1 - 2 Walk forward Left, Right.
3 & 4 Kick Left forward, step ball of Left beside Right, step Right beside Left.
5 - 6 Step forward Left, Pivot 1/2 Right
7 & 8 Step Left forward, step Right close to Left, step Left forward.
- Sec.3 Cross Rock, Chasse, Cross Rock Chasse ¼ Turn**
1 - 2 Cross rock Right over Left, recover on Left.
3 & 4 Step Right to Right side, step Left beside Right, step Right to Right side
5 - 6 Cross rock Left over Right, recover on Right.
7 & 8 Step Left to Left side, step Right beside Left, Make 1/4 turn Left stepping forward on Left.
- Sec.4 Cross Rock, Chasse, Cross Rock Chasse**
1 - 2 Cross rock Right over Left, recover on Left.
3 & 4 Step Right to Right side, step Left beside Right, step Right to Right side.
5 - 6 Cross rock Left over Right, recover on Right.
7 & 8 Step Left to Left side, step Right beside Left, step Left to Left side.
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