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- 1 - 8 Skate, Skate, Side Together Side, Cross Rock Side, Chug 1/8, Chug 1/8**
- 1 Keeping knees slightly bent bring Right foot beside left foot while pivoting right on left foot to face 1:00 and step Right forward (Right skate)
- 2 Keeping knees slightly bent bring Left foot beside right foot while pivoting left on right foot to face 11:00 and step Left forward (Left skate)
- 3 & 4 Step Right to right side, & Step Left next to right, Step Right to right side
- 5 & 6 Cross Rock Left over right, & Recover in place on Right, Step Left to left side
- 7 - 8 Keeping feet shoulder width apart chug Right foot/heel two times to make 1/4 turn left (9:00)
- 9 - 16 Cross, Back, Glide Turn Side, Touch Out Out, Push, Push**
- 1 - 2 Step Right across in front of left, Step Left back (push hips back for styling)
- 3 & 4 Opening body to 10:30 diagonal step Right large step toward 1:30 diagonal, & (Sliding Left foot on floor) Touch left toe next to right foot (start turning toward 12:00 with this touch), Turn to face 12:00 to step Left to left side (12:00)
- 5 & 6 Turning hips toward 10:30 diagonal Touch Right next to left, & Squaring up to 12:00 step Right to right side, Step Left to left side
- & 7 & 8 & Shrug both shoulders up as you turn torso toward 10:30, Push shoulders down with Right arm straight down in front of body and Left arm straight down behind body, & Shrug both shoulders up as you turn torso toward 1:30, Push shoulders down with Left arm straight down in front of body and Right arm straight down behind body
- 17 - 24 In, Quarter, Bend, Up, Pop, Pop, Walk, Walk**
- 1 - 2 Bring Left leg next to right (Left knee popped forward, Right leg straight), 1/4 turn left keeping Left next to right (9:00)
- 3 - 4 Bend Right down (you are in a sitting position), Straighten Right (left knee still popped forward)
- 5 - 6 Straighten Left leg while popping Right knee forward, Straighten Right leg while popping Left knee forward (weight on right)
- 7 - 8 Step forward Left, Step forward Right
- 25 - 32 Step Pivot, Step Pivot, Touch & Touch, Pop Walk, Pop Walk**
- 1 - 2 Step Left forward, Pivot 1/2 turn right (3:00)
- 3 - 4 Step Left forward, Pivot 1/2 turn right (9:00)
- 5 & 6 Touch Left to left side, & Step Left next to right, Touch Right to right side
- 7 Step forward on Right (as you do so, close left to right popping left knee forward)
- 8 Step forward on Left (as you do so, close right to left popping right knee forward)
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