

Section 1 Right Shuffle Forward, Rock Recover

1, 2, 3 Step right forward, close left beside right, step right forward.
4, 5 Rock forward on left, recover back on to right

Section 2 Left Shuffle Back, Rock Step

1, 2, 3 Step left back, close right beside left, step left back.
4, 5 Rock back on right, recover on to left

Section 3 Right Chasse , Rock Step

1, 2, 3 Step right to right side, close left next to right, step right.
4, 5 Rock back on left, recover on right, (body can be angled to the left for steps 3 & 4)

Section 4 Left Chasse, Rock Step

1, 2, 3 Step left to left side, close right next to left, step left.
4, 5 Rock back on right, recover on left. (body can be angled to the right for steps 3 & 4)

Section 5 Right Touch, Left Touch, Forward Touch, Back Touch

1, 2 Step right, touch left toe to right foot.
3, 4 Step Left, touch right toe to left foot.
5, 6 Step forward on right, touch left toe to right heel.
7, 8 Step back on left, touch right toe to left toe.

Section 6 Pivot half Turn, Right Heel dig, Right Heel Hook

1, 2 Step forward on right, slow half pivot left.
3, 4 Dig right heel forward, hook right foot in front of left .
