

**HEEL-STEP / HEEL-HOOK / SHUFFLE FORWARD**

- 1 - 2 Touch right heel forward; step back next to left foot  
3 - 4 Touch left heel forward; step back next to right  
5 - 6 Touch right heel forward; hook right heel in front of right leg  
7 - 8 Shuffle forward (right-left-right)

**HEEL-STEP / HEEL-HOOK / SHUFFLE FORWARD**

- 9 - 10 Touch left heel forward; step back next to right foot  
11 - 12 Touch right heel forward; step back next to left foot  
13 - 14 Touch left heel forward; hook left heel in front of right leg  
15 - 16 Shuffle forward (left-right-left)

**VINE RIGHT / VINE LEFT**

- 17 - 18 Step to right side on right foot; step onto left foot behind right foot  
19 - 20 Step to right side on right foot; touch left foot next to right  
21 - 22 Step to left side on left foot; step onto right foot behind left foot  
23 - 24 Step onto left foot making 1/4 turn to the left; touch right foot next to left

**SIDEWAYS SHUFFLE / ROCK STEPS**

- 25 - 26 Shuffle to the right (right-left-right)  
27 - 28 Rock back onto left foot; step in place with the right foot  
29 - 30 Shuffle to the left (left-right-left)  
31 - 32 Rock back onto right foot; step in place with the left foot

**REPEAT**