

FORWARD, SIDE, TRIPLE STEP

- 1 - 2 Touch right toe forward, slide right toe to right side
3 & 4 Triple step forward (right-left-right)
5 - 6 Touch left toe forward, slide left toe to left side
7 & 8 Triple step forward (left-right-left)

KICK, STEP, POINT, STEP, KICK, STEP, 1/4 TURN, CROSS

- 1 - 2 Kick right foot forward, step right foot back
3 - 4 Touch left toe back, step left foot forward
5 - 6 Kick right foot forward, step right foot back
7 - 8 Step left foot 1/4 turn left, cross/step right foot in front of left foot

SIDE TRIPLE, CROSS, 1/4 TURN, COASTER STEP, SIDE TRIPLE

- 1 & 2 Left side triple (left-right-left)
3 - 4 Cross/step right foot in front of left foot, step left foot back into 1/4 turn right
5 & 6 Coaster step: step right foot back, step left foot together, step right foot forward
7 & 8 Left side triple (left-right-left)

ROCK, STEP, RIGHT SIDE TRIPLE, ROCK, STEP, POINT, CROSS

- 1 - 2 Rock back on right foot, step left foot in place
3 & 4 Right side triple (right-left-right)
5 - 6 Rock back on left foot, step right foot in place
7 - 8 Point left foot to left side, cross/step left foot forward in front of right foot

POINT, CROSS, POINT, CROSS, SIDE, TURN, SIDE, TOE BACK

- 1 - 2 Point right foot to right side, cross/step right foot forward in front of left foot
3 - 4 Point left foot to left side, cross/step left foot forward in front of right foot
5 - 6 Touch right foot to right side, pivot 1/2 turn right on ball of left foot and step right foot together
7 - 8 Touch left toe to side, extend/touch left foot back

TRIPLE FORWARD, STEP, KICK 1/2 TURN, WALK BACK, BACK, BACK, BACK & CROSS OVER

- 1 & 2 Triple forward (left-right-left)
3 Step right foot forward
4 Karate kick: kick left foot forward making 1/2 turn right on ball of right foot and kick left foot backward
5 - 7 Walk back (left-right-left)
& 8 Step right foot back, cross/step left foot over right foot

1/4 TURN LEFT, 1/2 TURN LEFT, TRIPLE FORWARD, ROCK, STEP, COASTER STEP

- 1 - 2 Step right foot back into 1/4 turn left, step left foot back into 1/2 turn left
3 - 4 Triple forward (right-left-right)
5 - 6 Rock forward on left foot, step back on right foot
7 & 8 Coaster step: step left foot back, step right foot together, step left foot forward

WALK 2, FORWARD, TOGETHER, BACK, STEP BACK, BACK, COASTER STEP

- 1 - 2 Walk forward right, left
3 & 4 Step right foot forward, step left foot together, step right foot back
5 - 6 Walk back left, right

/Or full turn to the right stepping back with left foot starting the turn and finish the turn by spinning on the ball of the right foot

- 7 & 8 Coaster step: step left foot back, step right foot together, step left foot forward

PUSH STEPS

- 1 Small step right foot forward as if pushing ball of right foot into the floor
2 Step down on right foot in place
3 Small step left foot forward as if pushing ball of left foot into the floor
4 Step down on left foot in place
5 Small step right foot forward as if pushing ball of right foot into the floor

- 6 Step down on right foot in place
- 7 Small step left foot forward as if pushing ball of left foot into the floor
- 8 Step down on left foot in place

REPEAT

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