

Position: Man facing OLOD, lady ILOD. Man & lady facing opposite, right shoulder to right shoulder. Man's right hand on lady's waist, left hand holding lady's right

MAN'S STEPS

- 1-2 Two hip bumps towards partner
3-4 Two hip bump away from partner
5-6 Right step $\frac{1}{4}$ turn to the right, touch left beside right
7-8 Step down on left, touch right beside left
- 1-4 Walk back right-left-right, touch left beside right
5-8 Step left $\frac{1}{2}$ turn to the left to face LOD and walk forward right, left, touch right beside left. Man turns under raised arms, mans left, lady's right to finish in inside hand hold
- 1&2 Shuffle forward right-left-right
3&4 Shuffle forward left-right-left
5-6 Walk forward right, walk forward left
7&8 Triple step right-left-right. Lady turns under raised arms, mans left, lady's right to finish in open hand hold
- 1-2 Left rock forward, rock back right
3&4 Shuffle back left-right-left turn to the left. Change hands to finish in right/side by side
5&6 Step back right, together with left, step forward right. Coaster step
7&8 Shuffle forward left-right-left
- 1-2 Right step forward, left step forward (small steps)
3&4 Triple step right-left-right. Take right hand over lady's head & change to open hand hold
5-6 Rock forward left, rock back right
7&8 Triple step back left right left. Raise man's left arm, lady's right & turn into wrap
- 1-2 Rock back right rock forward left. Raise mans left arm, lady's right and lower other arm to take lady into hammer lock
3-4 Walk forward right, walk forward left
5&6 Shuffle forward right-left-right
7-8 Walk forward left, walk forward right
- 1&2 Left shuffle left-right-left
3&4 Right shuffle right-left-right
5&6 Left shuffle left-right-left
7&8 Right shuffle right-left-right
- 1-2 Rock forward left, rock back right
3&4 Triple step $\frac{1}{4}$ turn to the right stepping left right left. Raise mans left arm, lady's right and take over lady's head to finish in open hand hold
5-6 Rock back right, rock forward on left
7&8 Triple step to start position right-left-right

LADY'S STEPS

- 1-2 Two hip bumps towards partner
3-4 Two hip bumps away from partner
5-6 Step $\frac{1}{4}$ turn to the right, step left beside right
7-8 Step right on spot, touch left beside right
- 1-4 Walk forward left-right-left, touch right beside left
5-8 Walk forward right-left-right, touch left beside right. Man turns under raised arms, mans left, lady's right to finish in inside hand hold
- 1&2 Shuffle forward left-right-left
3&4 Shuffle forward right-left-right
5-6 Left step forward, step across front of man
7&8 Step $\frac{1}{2}$ turn to the left stepping back, triple step left right left. Lady turns under raised arms, mans left, lady's right to finish in open hand hold
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- 1-2 Rock back right, rock forward left
3&4 Triple step ½ right-left-right to finish right side by side. Change hands to finish in right side by side
5&6 Step back left, together with right, step left forward
7&8 Shuffle forward right-left-right
- 1-2 Left step ¼ to the left right, step ¼ to the left
3&4 Triple step. Take right hand over lady's head & change to open hand hold
5-6 Rock back right, rock forward left
7&8 Triple ½ turn to the left into wrap. Raise man's left arm, lady's right & turn into wrap
- 1-2 Rock back left, rock forward right. Raise mans left arm, lady's right and lower other arm to take lady into hammer lock
3-4 Step ½ turn to the right stepping left back, step ½ turn to the right stepping forward on right
5&6 Triple further ½ turn to the right to finish in hammer lock position
7-8 Walk back right walk back left (LOD)
- 1&2 Right shuffle right-left-right
3&4 Left shuffle left-right-left
5&6 Right shuffle right-left-right
7&8 Left shuffle left-right-left
- 1-2 Rock back right, rock forward left
3&4 Triple step ¾ turn to the left right-left-right. Raise mans left arm, lady's right and take over lady's head to finish in open hand hold
5-6 Rock back left, rock forward right foot
7&8 Triple step to start position left-right-left
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