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- 1 KNEE POPS WITH 1/4 TURN RIGHT, KICK & POINT RIGHT & LEFT, KNEE POPS WITH 1/4 TURN RIGHT.**  
1 - 2 Pop right knee in towards left, Make 1/4 turn right on left popping right knee forward.  
3 & 4 Kick right forward, Step right next to left, Point left to left side.  
5 & 6 Kick left forward, Step left next to right, Point right to right side.  
7 - 8 Pop right knee in towards left, Make 1/4 turn right on left popping right knee forward.
- 2 BACK ROCK, SHUFFLE 1/2 TURN, REVERSE PIVOT 1/2 TURN, OUT OUT, IN IN WITH TOUCH.**  
1 - 2 Step back on right, Recover Weight forward onto left  
3 & 4 Shuffle 1/2 turn left stepping R,L,R.  
5 - 6 Touch left toe back, Reverse 1/2 pivot left ( weight on left).  
& 7 & 8 Step right out to right side, Step left out to left side, Step right back to centre, Touch left next to right.
- 3 STEP FULL PIVOT, RIGHT LOCK STEP, SYNCOPATED DIAGONAL ROCK STEPS.**  
1 - 2 Step left forward, Pivot full turn right on ball of left lifting right heel across left shin.  
3 & 4 Step right forward, Lock left behind right, Step right forward.  
5 - 6 & Rock left diagonally forward left, Recover onto right, Step left next to right.  
7 - 8 Rock right diagonally back right, Recover onto left.
- 4 LUNGE RIGHT, BEHIND SIDE CROSS, LUNGE LEFT, SAILOR 3/4 TURN LEFT.**  
1 - 2 Lunge right to right side, Recover onto left,  
3 & 4 Step right behind left, Step left to left side, Cross step right over left.  
5 - 6 Lunge left to left side, Recover onto right.  
7 & 8 1/4 turn left stepping left behind right. 1/4 left stepping right next to left, 1/4 turn left & cross left over right
- 5 VINE RIGHT, HEEL JACK & CROSS, VINE LEFT, 1/4 TURN RIGHT, KICKBALL STEP**  
1 - 2 Step right to right side, Step left behind right.  
& 3 & 4 Step slightly back on right, Dig left heel diagonally forward left, Step slightly back on left, Cross step right over left.  
5 - 6 Step left to left side, Step right behind left.  
& 7 & 8 Make 1/4 turn right stepping left next to right, Kick right forward, Step right next to left, Step left forward
- 6 DOROTHY 1/2 TURN, DOROTHY 1/4 TURN, SYNCOPATED ROCKING CHAIR, HEEL SPLITS.**  
1 - 2 & Step right forward, Lock left behind right, Make 1/2 turn left stepping right next to left.  
3 - 4 & Step left forward, Lock right behind left, Make 1/4 turn right stepping left next to right.  
5 & 6 & Rock forward on right, Recover onto left, Rock back on right, Recover onto left.  
7 & 8 Step right forward, Split both heels out, Bring both heels back in ( leaning slightly forward on right).
- 7 PIVOT 1/2 TURN RIGHT, TRIPLE FULL TURN RIGHT, STEP, HOLD, & WALK R, L.**  
1 - 2 Step left forward, Pivot 1/2 turn right.  
3 & 4 travelling forward triple full turn right stepping L,R,L  
5 - 6 Step right forward, Hold.  
& 7 - 8 Step left next to right, Walk forward R,L.  
option (counts 3&4 shuffle forward on left instead of full turn)
- 8 HEEL & TOE SWITCHES WITH 1/2 TURN LEFT, HEEL & TOE SWITCHES WITH 1/4 TURN LEFT.**  
1 & 2 Dig right heel forward, Step right next to left, Touch left toe back.  
3 & 4 Make 1/2 turn left on right & dig left heel forward, Step left next to right, Touch right toe back.  
5 & 6 Dig right heel forward, Step right next to left, Touch left toe back.  
7 & 8 Make 1/4 turn left on right & dig left heel forward, Step left next to right, Touch right toe back.
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