

LADY

- 1 & 2 Shuffle to the left side - left, right, left
3 Step right foot behind left and rock
4 Rock forward on right foot
5 & 6 Shuffle to the right side - right, left, right
7 Step left foot behind right and rock
8 Rock forward on left foot
9 Jump forward towards each other and clap
10 Hold
11 Take the hands of the person in front of you, at the level you clapped
12 Holding hands, extend arms straight out to the side
13 & 14 On balls of both feet, twist knees - left, right, left, right

/Partners will now switch places, inside and outside.

- 15 - 17 Drop left hand and go under walk forward - right, left, right
18 Swing left leg across right and pivot 1/2 turn right
19 - 21 Drop right hand and pick up with left go under as you walk forward - left, right, left

/When you have completed the next turn you should be at an angle to go diagonally between your partner and the person to their right

- 22 Swing right leg across left and pivot 3/4 turn left

/After completing the next four counts you should end left shoulder to left shoulder with a different partner in the opposite circle

- 23 Step right foot forward
24 Slide left foot forward beside right and clap
25 Step right foot forward
26 Slide left foot next to right and touch and clap (weight on right)

/After completing then next four counts you should end face to face with a new partner in the original circle

- 27 - 29 Moving diagonally left to outer circle, turn almost 3/4 turn left stepping left, right, left
30 Step in place with right foot and clap twice

REPEAT**MAN**

- 1 & 2 Shuffle to the right side - right, left, right
3 Step left foot behind right and rock
4 Rock forward on left foot
5 & 6 Shuffle to the left side - left, right, left
7 Step right foot behind left and rock
8 Rock forward on right foot
9 Jump forward towards each other and clap
10 Hold
11 Take the hands of the person in front of you, at the level you clapped
12 Holding hands, extend arms straight out to the side
13 & 14 On balls of both feet, twist knees - left, right, left, right

/Partners will now switch places, inside and outside man

- 15 - 17 Drop right hand and raise left walk forward - left, right, left
18 Swing right leg across left and pivot 1/2 turn left
19 - 21 Drop left hand and pick up with right, raise right hand and walk forward right. Left, right

/When you have completed the next turn you should be at an angle to go diagonally between your partner and the person to their right

- 22 Swing left leg across right and pivot 3/8 turn right

/After completing the next four counts you should end left shoulder to left shoulder with a different partner in the opposite circle

- 23 Step left foot forward
- 24 Slide right foot forward beside left and clap
- 25 Step left foot forward
- 26 Slide right foot forward beside left and clap (weight on right)

/After completing then next four counts you should end face to face with a new partner in the original circle

- 27 - 29 Moving diagonally left to inner circle, turn almost 3/4 turn left stepping left, right, left
- 30 Touch in place with right foot and clap twice

REPEAT

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