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- 1 - 2 Step right forward, hook left up across in front of right leg while turning full turn left
3 & 4 Shuffle forward left, right, left
5 - 6 Step right forward, pivot 1/2 turn left
7 - 8 Rock right to right side, rock left to left side
1 - 2 Rock right across in front of left, rock weight back to left
& 3 - 4 Step right to right side, rock left across in front of right, rock weight back to right
& 5 - 6 Step left to left side, step right forward, pivot 1/2 turn left
7 - 8 Step right forward, pivot 1/2 turn left
1 - 2 Step right across in front of left, turning 1/4 turn right step left back
3 - 4 Turning 1/4 turn right step right to right side, step left across in front of right
5 - 6 Rock right to right side, rock left to left side
7 - 8 Turning 1/4 turn right step right forward, step left forward
1 - 2 Pivot 3/4 turn right while stepping right across left, step left to left side,
3 - 4 Step right across behind left, turning 1/4 turn left step left forward
5 - 6 Step right forward, pivot 1/2 turn left
7 - 8 Rock right to right side, rock left to left side
1 Step right over left
2 - 3 Rock left to left side, rock right to right side
4 Step left over right
5 Unwind 1/2 turn right
6 - 7 Step left over right, unwind 1/2 turn right
& 8 Step right back, step left forward
1 - 2 Touch right toe to right side, step right across in front of left
3 - 4 Touch left toe to left side, step left across in front of right
5 & 6 Step right to right side, step left across in front of right, step right to right side
7 - 8 Step ball of left foot over right, pivot 1/2 turn right (take weight to right foot)
1 - 2 Rock left across in front of right, rock weight back to right
& 3 - 4 Step left to left side, rock right across in front of left, rock weight back to left
5 - 6 Turning 1/4 turn right step right forward, step left forward
7 - 8 Pivot 1/2 turn right, step left forward
1 Pivot 1/2 turn left while hooking right foot around left ankle
2 - 3 Rock right forward, rock back left,
4 - 5 Touch ball of right back, pivot 1/2 turn right
6 Step right back
& Step left back
7 - 8 Rock right back, rock left forward

REPEAT