

LEADER

1 - 4 Left shuffle forwards, rock forward on right, rock back onto left

5 - 8 Right shuffle backwards, rock back onto left, rock forwards onto right

/Raise left arm to allow follower to turn

9 - 12 Left shuffle forwards, rock forward on right, rock back onto left

13 - 16 Right shuffle backwards, rock back onto left, rock forwards onto right

17 - 20 Left shuffle forward with a 1/4 turn right around your follower, step forward on your right foot,

/Drop right hands. Pivot turn left under left arm

21 - 24 Right shuffle forwards, step forwards on left foot, pivot turn right

/Pick up the followers right hand**/The following rock steps are done "close coupled" to enable a "hip grinding" motion. Leaders right and followers left hips locked together!**

25 - 28 Step left foot forwards grinding hip forwards, grind hip back, forwards, back

/Reform the "Sweetheart" position.**REPEAT****FOLLOWER**

1 - 4 Left shuffle forwards, rock forward on right, rock back onto left

5 - 8 Right shuffle backwards, rock back onto left, rock forwards onto right

/Do not drop hands with your leader

9 - 12 Left shuffle forwards, making turn right, rock back onto right, rock forwards onto left

13 - 16 Right shuffle forwards making turn left, rock back on left, rock forward onto right

17 - 20 Left shuffle in place making a 1/4 turn to the right and then step forward on your right foot,

/Drop right hands. Pivot turn left

21 - 24 Right shuffle forwards, step forwards on left foot, pivot turn right

/Re-hold leaders right hand

25 - 28 Step left foot forwards grinding hip forwards, grind hip back, forwards, back

/Reform the "Sweetheart" position**REPEAT**