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- 1 - 2 Rock forward onto right, step back on left  
3 & 4 Step right beside left, step left to left side, touch right heel at 45 degrees right  
5 - 8 Bend knees & pivot 1/4 turn left straightening knees, shuffle forward left, right, left  
1 - 2 Rock/ step forward onto right, rock/ step back on left  
3 & 4 Step back on right, step left beside right, step forward on right (coaster step)  
5 - 6 Step forward on left, pivot 1/4 turn right taking weight onto right  
7 & 8 Step left across right, step right to right side, step left across right  
1 - 2 Step right to right side, transfer weight onto left  
3 & 4 Step right across left, raise heels & push knees forward, drop heels  
5 - 8 Repeat above 4 counts on left foot  
1 - 2 Touch ball of right foot beside left with knees turned in, touch right heel beside left  
3 & 4 Step back on right, step left beside right, step forward on right (coaster step)  
5 - 6 Step forward on left, step forward on right  
7 & 8 Triple step in place left, right, left

**Section 5**

- 1 & 2 Touch ball of right foot beside left, touch right toe to right side, touch ball of right foot beside left turning 1/4 turn right  
3 & 4 Triple step in place right, left, right  
5 & 6 Touch ball of left foot beside right, touch left toe to left side, touch ball of left foot beside right  
7 & 8 Triple step in place left, right, left  
1 - 2 Step right foot to right side, step left to left side turning 1/2 turn right  
3 & 4 Step right across left at 45 degrees left, transfer weight back onto left, step right to right side rock  
5 - 6 Step forward on left, rock/step back on right  
7 & 8 Shuffle back left, right, left  
1 - 2 Rock/step back on right, rock/step forward on left  
3 & 4 Shuffle forward right, left, right  
5 - 6 Step forward on left, pivot 1/2 turn right taking weight onto right  
7 & 8 Shuffle forward left, right, left  
1 - 2 Rock forward on right pushing hips forward, rock back on left pushing hips back  
3 - 4 Repeat above 2 counts  
& 5 - 6 Rock forward on right pushing hips forward, rock back on left pushing hips back, hold  
7 - 8 Leaving right foot in place tap right heel twice