
OPTION 1: ROCKY VERSION OF RUNNING MAN OR SLOW SAILOR STEPS

The following 8 counts are done on the spot

- 1 & Step right behind left, scoot right forward slightly as you kick left forward
- 2 & Step left behind right, scoot left forward slightly as you kick right forward
- 3 Step right behind left as you kick left forward on (1) count
- & Cross step left over right as you flick right toe back
- 4 Cross right behind left as you flick left toe forward
- & Keeping left toe in air hop on right foot only
- 5 & Step left behind right, scoot left forward slightly as you kick right forward
- 6 & Step right behind left, scoot right forward slightly as you kick left forward
- 7 Step left behind right as you kick right forward on (1) count
- & Cross step right over left as you flick left toe back
- 8 Cross left behind right as you flick right toe forward

OPTION 2: CROSS HOLDS

- 1 - 2 Cross right behind left, hold for (1) count
- 3 - 4 Step left beside right, step right beside left
- 5 - 6 Cross left behind right, hold for (1) count
- 7 - 8 Step right beside left, step left beside right

HEEL HOOKS WITH 1/2 TURN, REPEAT

- 9 & Touch right heel forward, hook right across left shin
- 10 & Touch right heel forward, flick right toe back
- 11 - 12 Step right toe back, pivot 1/2 a turn right
- 13 & Touch right heel forward, hook right across left shin
- 14 & Touch right heel forward, flick right toe back
- 15 - 16 Step right toe back, pivot 1/2 a turn right

STEP LOCKS TO DIAGONAL, STEP 1/2 TURN, STEP, POINT

- 17 & Step right forward and towards right diagonal, step left behind right
- 18 & Step right forward and towards right diagonal, step left behind right
- 19 & Step right forward and towards right diagonal, step left behind right
- 20 Step right forward and towards right diagonal
- 21 - 22 Step left forward and towards right diagonal, pivot 1/2 a turn right
- 23 - 24 Step left forward and towards right diagonal, point right toe to right side

STEP LOCKS TO DIAGONAL, STEP, STEP, KNEE SLIDES

- 25 & Step right forward and towards right diagonal, step left behind right
- 26 & Step right forward and towards right diagonal, step left behind right
- 27 & Step right forward and towards right diagonal, step left behind right
- 28 Step right forward and towards right diagonal
- 29 Step left to left side towards left diagonal
- 30 Step right to right side as you turn 1/8 to left end facing 3:00 wall. Also your feet end up far apart
- 31 Swing right knee to the left as you slide right toe half way towards left
- 32 Swing right knee to the left as you slide right toe next to right (no weight)

REPEAT