

SECTION A

- 1 Rock/step right foot to the right side pushing hips slightly to the right
2 & 3 Shuffle to the left side left-right-left
4 Rock/step right foot across behind left angling body slightly to face right
5 Rock forward onto left foot to face front
6 Twist left heel to the right side touching right toe(turned in) to the right side
7 Twist left heel to center & touch right toe beside left instep
8 & 9 Shuffle forward right-left-right
10 - 11 Step forward on left foot, on balls of feet make 1/2 pivot turn right stepping weight forward onto right foot
12 - 13 Repeat pivot turn count 10, 11
& 14 Step left foot to left side, step right foot to the right side (shoulder width apart)
& 15 Step left foot to center, step right foot beside left
& Push left knee forward & across left keeping right leg straight & raising left heel
16 Push right knee forward & across right raising right heel while lowering left & straightening left leg (weight is on left foot)
17 & Step right foot to the right side, step on ball of left foot across behind right raising right heel
18 Lower right heel taking weight onto right foot
19 & Step left foot to the left side, step on ball of right foot across behind left raising left heel
20 Lower left heel taking weight onto left foot
21 Step right foot to the right side
22 Step left foot across behind right making 1/4 turn right
23 Kick right foot forward
& Step right foot down slightly apart from left
24 Step left foot slightly to the left side (approximately shoulder width apart)
25 Push/bend right knee in toward left knee
26 Push /bend left knee toward right knee while straightening right leg
27 & Step back on ball of right foot, step on ball of left foot beside right
28 Rock/step forward on right foot
29 Rock backward onto left foot pushing with right foot
30 Step right foot beside left
31 Step backward on left starting 1/4 turn right
& Completing the 1/4 turn on ball of left foot step right foot to the right side
32 Step left foot beside right

SECTION B

- 1 - 2 Slide right foot to the right side, slide/step left foot beside right

SECTION C

- 1 - 2 Slide right foot to the right side, slide/step left foot beside right
3 - 4 Slide right foot to the right side, slide/step left foot beside right
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