

STEP, ROCK, SIDE CHA-CHA, 1/4 TURN RIGHT, ROCK, 1/4 TURN LEFT

- 1 Step left foot to left side
2 Step right foot back and move body weight over right foot, leaving left leg extended forward with toe/ball still touching floor.
3 Transfer body weight forward over left foot, leaving right leg extended back with toe/ball still touching floor.
4 Step right foot to right side
& Step left ball of foot beside right foot (1/2 beat).
5 Step right foot to right side with foot pointing approximately 3:00 o'clock. (bodies will face approximately 1:00 o'clock).

/Position: As the couple steps to the right side, the man's position changes to the right side of the lady, both bodies facing approximately 1:00 o'clock. The man is now behind the lady in shadow position and has not let go of the lady's hands.

- 6 Step left foot forward into 1/4 turn right (now facing 3:00 o'clock), transfer/rock body weight forward over left foot, leaving right leg extended back with right toe/ball still touching floor.

/Position: The man still does not let go of the lady's hands, but simply flows/changes into left cape position with the man's left arm across the lady's back and the man's left hand holding the lady's left hand at the top of her left shoulder. The lady's right hand is across the front of the man's chest and he holds her right hand with his right hand at about chest level. The man is about a foot to the right of the lady and a little back from her.

- 7 Transfer body weight back over right foot, left leg still extended forward while left foot comes off floor.
8 Step left foot back into 1/4 turn left (now facing 12:00)

/Position: The man still does not let go of the lady's hands, but his position changes so that he is now behind the lady in shadow position, holding the lady's hands up and out. Her elbows are bent, fingers pointing upward and hands placed a little wider apart than shoulder width.

FIGURE EIGHT

- & Step right foot beside left foot (1/2 beat).
9 Step left foot to left side into 1/4 turn left (now facing 9:00 o'clock)

/Position: The man still has not let go of the lady's hands. The man is now back on the left side of the lady in right cape position (see notes above for description)

- 10 Step right ball of foot forward (facing 9:00 o'clock) leaving left leg extended back with left toe/ball still touching floor.

/Position: As the couple steps right ball of foot forward, the man lets go of lady's right hand and brings his right hand/arm from behind her back and between them and brings his right hand/arm forward as the lady brings her right hand/arm forward, both man and ladies right arms pointing forward, about chest height, elbow slightly bent, with right hand and arm parallel with floor. The man raises his left arm up, still holding lady's left hand, and also raising her left arm up above their heads.

- 11 Pivot on right ball of foot 1/2 turn left and transfer weight to ball of left foot at end of turn (now facing 3:00 o'clock).

/Position: Left tandem turn, the man goes under the raised arms and leaves the left arms raised.

- 12 Pivot on left ball of foot 1/4 turn left (now facing 12:00 o'clock) and step right foot to right side.

/Position: The lady goes under the raised arms and the man brings the left arms down as he picks up the lady's right hand above waist level, and up to shoulder height as his position moves behind her into shadow position, holding the hands of the lady up and out. Her elbows are bent, fingers pointing upward and hands placed a little wider apart than shoulder width.

- & Step left ball of foot beside right foot (1/2 beat).
13 Step right foot to right side with right foot pointing approximately 3:00 o'clock (body will face approximately 1:00 o'clock)

14 Step left foot forward into 1/4 turn right (now facing 3:00 o'clock), transfer/rock body weight forward over left foot, leaving right leg extended back with right toe/ball still touching floor.

/Position: As the couple steps left ball of foot forward, the man lets go of lady's left hand and brings his left hand/arm from behind her back and between them and brings his left hand/arm forward as the lady brings her left hand/arm forward, both man and lady's left arms pointing forward, about chest height, elbow slightly bent, with left hand and arm parallel with floor. The man raises his right arm up, still holding lady's right hand, and also raising her right arm up above their heads.

15 Pivot on left ball of foot 1/2 turn right and transfer weight to ball of right foot at end of turn (now facing 9:00 o'clock).

/Position: Right tandem turn, the man goes under the raised arms and leaves the arms raised.

16 Pivot on right ball of foot 1/4 turn right (now facing 12:00 o'clock) and step left foot to left side.

/Position: The lady goes under the raised arms and the man brings the right arms down as he picks up the lady's left hand above waist level, and up to shoulder height as his position moves behind her into shadow position, holding the hands of the lady up and out. Her elbows are bent, fingers pointing upward and hands placed a little wider apart than shoulder width.

ROCK MOVEMENT

& Step right ball of foot beside left foot (1/2 beat)

17 Step left foot to left side

18 Step right foot beside, but back of left foot and transfer/rock body weight back over right foot, leaving left leg extended forward with left toe/ball still touching floor (left knee bent).

/Position: The man is behind the lady, but slightly to the left side with his right side approximately to the center of her back. He has not let go of hands but has simply left his/her left hands up and out as in shadow position; he has, without letting go, moved their right hands to her waist/upper hip area, with heel of hands at waist/hip side and fingers around front of hip area, hands parallel to floor.

19 Transfer/rock body weight forward over left foot, leaving right leg extended back with right toe/ball still touching floor (right knee bent).

20 Transfer/rock body weight back over right foot, leaving left leg extended forward with left toe/ball still touching floor (left knee bent).

21 Transfer/rock body weight forward over left foot, leaving right leg extended back with right toe/ball still touching floor (right knee bent).

22 Transfer/rock body weight back over right foot, leaving left leg extended forward with left toe/ball still touching floor (left knee bent).

23 Transfer/rock body weight forward over left foot, leaving right leg extended back with right toe/ball still touching floor (right knee bent).

RIGHT FORWARD LOCK (TRIPLE CROSS), PIVOT 1/2 TURN LEFT

24 Step right foot forward, in front of and forward of, left foot (there will be approximately 6" to 8" between right foot and left foot).

/Position: The man is still behind the lady, but moves to her left side as the right step forward is made. The hands are still in the same position as described in step #18, except her left arm is across the front of his chest area as he holds her left hand with his left hand to the left of his body

& Step left ball of foot forward cross behind right heel (left foot locked behind and to the right side of right foot (1/2 beat)).

25 Step right foot forward

26 Step left foot forward, leaving right leg extended back with right toe/ball still touching floor.

27 Pivot on left ball of foot 1/2 turn right and transfer body weight to right foot at end of turn (now facing 6:00 o'clock)

/Position: As the couple does the 1/2 pivot turn right, the man still does not let go of the lady's hands, but simply flows/changes hands to the opposite sides of the lady's body by moving the right hands across the man's chest, to the right of man's body as he bends the lady's left hand/arm down so that their left hands go to the lady's waist/upper hip area, with heel of hands at waist/hip side and fingers around front of hip area, hands parallel to floor.

28 Step left foot forward, in front of and forward of, right foot (there will be approximately 6" to 10" between left foot and right foot).

& Step right ball of foot forward cross behind left heel (right foot locked behind and to the left side of left foot (1/2 beat)).

29 Step left foot forward
30 Step right foot forward, leaving left leg extended back with left toe/ball still touching floor.
31 Pivot on right ball of foot 1/2 turn left and transfer body weight to left ball of foot at end of turn (now facing 12:00 o'clock)

/Position: As the couple does the 1/2 pivot turn left, the man still does not let go of the lady's hands, but simply flows/changes hands to the opposite side of the lady's body by moving the left hands across the man's chest, to the left of man's body as he bends the lady's right hand/arm down so that their right hands go to the lady's waist/upper hip area, with heel of hands at waist/hip side and fingers around front of hip area, hands parallel to floor.

1/4 TURN LEFT, VINE RIGHT

32 Step right foot forward into 1/4 turn left, pivoting on the ball of left foot, now facing 9:00 o'clock.

/Position: As the couple steps into the 1/4 turn left, the man lets go of the lady's right hand, but keeps hold of her left hand, and he brings his right hand between them and out to his right side, approximately hip level. He raises their left hands/arms and he goes under the raised arms and she is now in shadow position behind him as she puts her right hand in his right hand and he brings the left hands down and out to their left side, approximately hip level to be symmetrical with the right hands.

& Step left foot cross behind right foot (1/2 beat).

33 Step right foot to right side, but right foot pointing 12:00 o'clock. (body will face approximately 10:00 o'clock)

/Position: As the couple steps right to right side, the man starts to raise their right hands/arms while letting go of left hands.

34 Step left ball of foot forward into 1/4 turn right (now facing 12:00 o'clock), right leg still extended back with right toe/ball still touching floor).

/Position: As the couple steps left into 1/4 turn right, the man continues to raise their right hands/arms so that the arms are over their heads, the left arms are pointing forward, approximately chest height, elbow slightly bent, with left hands and arms parallel to floor.

35 Pivot on left ball of foot 1/2 turn right, transferring weight to right ball of foot at end of turn (now facing 6:00 o'clock).

/Position: As the couple pivots on left ball of foot into 1/2 turn right, the man goes under the raised right arms and then both man and woman bring their left arms through and forward so both left arms are pointing forward, about chest height, elbow slightly bent, with left hand and arm parallel with floor.

1/4 TURN RIGHT, VINE LEFT

36 Step left foot forward into 1/4 turn right, pivoting on the ball of right foot, now facing 9:00 o'clock

/Position: As the couple steps left into 1/4 turn right, the lady's position changes to shadow behind the man as he brings their right hands down and out to right side approximately hip level and she puts her left hand in his left hand which is out to the left side approximately hip level.

& Step right foot cross behind left foot (1/2 beat)

37 Step left foot to left side, but left foot pointing 6:00 o'clock (body will face approximately 8:00 o'clock)

/Position: As the couple steps left foot to left side, the man starts to raise their left hands/arms while letting go of right hands.

38 Step right foot forward into 1/4 turn left (now facing 6:00 o'clock). Left leg still extended back with left toe/ball still touching floor.

/Position: As the couple steps right into 1/4 turn left, the man continues to raise their left hands/arms so that the arms are over their heads, the right arms are pointing forward, approximately chest height, elbow slightly bent, with right hands and arms parallel with floor.

39 Pivot on right ball of foot 1/2 turn left, transferring weight to left ball of foot at end of turn (now facing 12:00 o'clock).

/Position: As the couple pivots on right ball of foot into 1/2 turn left, the man goes under the raised left arms. Then both man and woman bring their right arms through and forward so that both arms are pointing forward, about chest height, elbow slightly bent, with right arm and hand parallel with floor.

1/4 TURN LEFT, SIDE STEPS, ROCK, SIDE STEPS

40 Step right foot forward into 1/4 turn left, pivoting on the ball of left foot, now facing 9:00 o'clock.

/Position: As the couple steps right into 1/4 turn left, the lady's position changes to shadow behind the man as he brings their left hands down and out to left side approximately hip level and she puts her right hand in his right hand which is out to right side approximately hip level.

- & Step left foot beside right foot (1/2 beat)
41 Step right foot to right side
42 Step left foot forward and transfer/rock body weight over left foot, leaving right leg extended back with right toe/ball still touching floor (left knee will be almost straight while right knee is bent).
43 Transfer/rock body weight back over right foot, left leg still extended forward while left foot comes off floor.
44 Man steps left foot to left side. Lady steps left foot in place beside right foot.
& Man steps right foot beside left foot. Lady steps right foot forward
45 Man steps left foot back as he lets go of lady's left hand. Lady steps left foot forward and man takes lady's left hand in his left hand at about chest level and to the left side of his body. The man's right arm is across the lady's back and the man's right hand holding the lady's right hand is at the top of her right shoulder. Now back in right cape position.

REPEAT