

ROCK BACK, RETURN, 1/2 PIVOT, HOLD; BACK, CROSS, SIDE, HOLD; REPEAT

- 1 - 2 Rock step back onto left, rock step return onto right (toes pointing to 1 o'clock)
3 - 4 1/2 pivot turn right on ball of right foot stepping back onto left, hold (facing 6 o'clock)
5 - 6 Step right back, cross left over right
7 - 8 Step right side right, hold
9 - 16 Repeat counts 1-8, ending facing the starting wall

/The holds in this pattern are not full stops. Keep slow continuous movement into the weight changes.

CROSS, ROCK CENTER, SIDE, HOLD; CROSS, ROCK CENTER, SIDE HOLD

- 17 - 18 Cross-step left over right; rock step back center onto right
19 - 20 Step left side left, hold
21 - 22 Cross-step right over left, rock step back center onto left
23 - 24 Step right side right, hold

CROSS, SIDE, BEHIND, SIDE; CROSS, SIDE, BEHIND, SIDE (VINE RIGHT)

- 25 - 28 Cross-step left over right, step right side right, step left behind right, step right side right
29 - 32 Cross-step left over right, step right side right, step left behind right, step right side right

FORWARD, CENTER, BACK, CENTER; FORWARD 1/2 PIVOT, FORWARD 1/2 PIVOT

- 33 - 34 Rock step left forward lifting right heel off floor, return right heel center
35 - 36 Rock step left back lifting right ball/toe off floor, return right ball/toe center
37 - 38 Step left forward, pivot 1/2 turn right on ball of right foot
39 - 40 Step left forward, pivot 1/2 turn right on ball of right foot

SIDE, BEHIND, SIDE, CROSS; SIDE, BEHIND, SIDE, CROSS (VINE LEFT)

- 41 - 44 Step left side left, step right behind left, step left side left, cross-step right over left
45 - 48 Step left side left, step right behind left, step left side left, cross-step right over left

CROSS, ROCK CENTER, SIDE, HOLD; CROSS, ROCK CENTER, SIDE, HOLD

- 49 - 50 Cross-step left over right, rock step back center onto right
51 - 52 Step left side left, hold
53 - 54 Cross-step right over left, rock step back center onto left
55 - 56 Step right side right, hold

FORWARD HIP PIVOTS

- 57 Step left forward onto ball of left foot lifting right heel off floor, push left hip forward and begin 1/4 pivot right on ball of right foot
58 Complete 1/4 pivot right and return right heel to floor (facing 3 o'clock)
59 - 64 Repeat counts 57-58 three more times, ending where you started (12 o'clock)

/These hip pivots are as fluid as you can make them (not military). Starting the pivot at the end of count 1 and finishing at count 2 will allow for a softer turn.

REPEAT