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- 1 - 2 Step forward left, rock back on right
3 & 4 Left-right-left on spot
5 - 6 Step back right, rock forward on left
7 & 8 Right-left-right on spot
9 - 10 Step forward on left with 1/4 turn to right (facing 3 o'clock), rock back on right
11 & 12 Left-right-left on spot
13 - 16 Cross right over left, step left to side, cross right behind left, step left to side
17 - 19 Cross right over left, point left toe to side, hold
& 20 Jump/swing left together, forward right turning 1/4 turn right (facing 6 o'clock)
21 & 22 Shuffle forward left-right-left

MAN'S STEPS

- 23 & 24 Release right hand and shuffle forward right-left-right
25 & Left step forward to 45 degrees left, 1/2 turn left
26 Right foot step to side (facing 12 o'clock), right hand around lady's waist (basic waltz position)
27 - 30 Rock back left, rock forward on right, step forward on left, rock back on right
31 & 32 Left-right-left on spot
33 - 34 Back right, rock forward on left
35 & 36 Right-left-right on spot
37 (Release right hand) step forward left while turning 1/4 right (facing 3 o'clock)
38 Rock back on right, turning 1/2 left
39 (Release both hands) step forward left
40 Step right together (facing 9 o'clock. Resume Sweetheart position)

LADY'S STEPS

- 23 & 24 (Release right hand and turn under man's right hand) turn 1/2 left while stepping right-left-right
25 & 26 Turn 1/2 left while stepping left-right-left (lady is now in front of man, facing 6 o'clock. Assume basic waltz position)
27 - 30 Rock forward right, rock back left, rock back right, rock forward left
31 & 32 Right-left-right on spot
33 - 34 Rock forward left, rock back right
35 & 36 Left-right-left on spot
37 - 38 (Releasing left hand) rock forward right while turning 1/4 left, rock back left
39 & 40 (Releasing both hands) turn 1 full turn right while stepping right-left-right (Resume Sweetheart position)

REPEAT