

Walk forward right,left,right,left together

1 - 2 - 3 - 4 step forward right,step forward left,step forward right,step left beside right

Twist heels left centre left centre

5 - 6 - 7 - 8 twist heels to the left,return to centre,twist heels to the left,return yo the centre

Walk back right left right left together

1 - 2 - 3 - 4 step back on right,step back on left,step back on right,step left beside right

Twist heels left centre left centre

5 - 6 - 7 - 8 twist heels to the left,return to centre,twist heels to the left,return to the centre

Rock right & cross hold

1 - 2 - 3 - 4 rock right to right side,recover onto left,cross right over left,hold

Rock left quarter turn step hold

5 - 6 - 7 - 8 rock left to left side,quarter turn step onto right,step forward left,hold

Rock right & cross hold

1 - 2 - 3 - 4 rock right to right side,recover onto left,cross right over left,hold

Rock left quarter turn left shuffle forward5 6 7 & 8 rock left to left side,quarter turn right stepping onto right,step forward left,close right behind left,step left forward
