

- 1. Right together, Left Chasse (with Arms)**  
1-2 Step right foot large step to right side, Slide the left foot up to the right while hitching left knee.  
3&4 Step left foot to left side, step right next to left, step left to left side (small)  
5-6 Repeat 1 – 2  
7&8 Repeat 3 & 4  
Arm movements: Lift elbows to shoulder height touching fingers in front of chest and as you step to the right make a wave movement with arms.
  
  - 2. Right kick ball point, Left kick ball point, heel switches and body roll**  
1&2 Kick right foot forward, as you step into place with right point left to left side  
3&4 Kick left foot forward, as you step into place with left point right to right side  
5&6 Dig right heel forward, step right into place next to left and Dig left heel forward.  
&7-8 Recover weight onto left. Rock forward onto right with a small body roll forward and recover weight onto left.
  
  - 3. Fwd Rock, Shuffle ½ turn, Fwd Rock shuffle ½ turn**  
1-2 Rock forward onto right, Recover weight onto left  
3&4 Step ¼ turn on to right, step left next to right, step ¼ turn right  
5-6 Rock forward onto left, Recover weight onto right  
7&8 Step ¼ turn left onto left, step right next to left, step ¼ turn left.
  
  - 4. Right together, right chasse, cross rock, Left chasse ¼ turn left**  
1-2 Step Right to the right side, step left next to right  
3&4 Step right foot to right, step left next to right, Step right to the right.  
5-6 Cross rock left foot over right, recover onto right  
7&8 Step left foot to left side, step right next to left, Step left ¼ turn left.
  
  - 5. Kick ball point, Kick ball point behind unwind, step pivot step**  
1&2 Kick right foot forward, as you step into place with right point left to left side  
3&4 Kick left foot forward, as you step into place with left point right to right side  
5-6 Touch right toe behind left foot and unwind ½ turn right (Weight on right)  
7&8 Step forward with left, pivot ½ turn right, step forward with left foot.
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