

Section 1 Rock forward -replace-two walks back. Rock back -replace -two walks forward

- 1 - 2 Rock right foot forward - replace on left
- 3 - 4 Walk back right, left
- 5 - 6 Rock back on right foot - replace on left
- 7 - 8 Walk forward right, left

Section 2 Right forward rumba box - with holds

- 1 - 2 Step right to right side - close left to right
- 3 - 4 Step forward right - hold
- 5 - 6 Step left to left side - close right to left
- 7 - 8 Step back on left - hold (weight on left)

(Restart here on wall 3)

Section 3 Step right back, making 1/4 turn left - step forward left. Rock forward - replace. Repeat sequence

- 1 - 2 Step back on right, making 1/4 turn left - step forward on left
- 3 - 4 Rock forward on right - replace (weight on left)
- 5 - 6 Step back on right, making 1/4 turn left - step forward on left
- 7 - 8 Rock forward on right - replace (weight on left)

Section 4 Right forward rumba box - with holds

- 1 - 2 Step right to right side - close left to right
- 3 - 4 Step forward right - hold
- 5 - 6 Step left to left side - close right to left
- 7 - 8 Step back on left - hold (weight on left)

Section 5 Sways R,L,R - hold

- 1 - 2 Step right to side and sway - sway left
- 3 - 4 Sway right - hold
- 5 - 6 Sway left - sway right
- 7 - 8 Sway left - hold (weight on left)

Section 6 Slow Right grapevine with holds - touch

- 1 - 2 Step right to right side - hold
- 3 - 4 Step left behind right - hold
- 5 - 6 Step right to right side - hold
- 7 - 8 Touch left next to right (weight on right)

Section 7 Sways L,R,L -hold

- 1 - 2 Step left to side and sway - sway right
- 3 - 4 Sway left - hold
- 5 - 6 Sway right - sway left
- 7 - 8 Sway right - hold (weight on right)

Section 8 Slow Left Grapevine with holds - touch

- 1 - 2 Step left to left side - hold
- 3 - 4 Step right behind left - hold
- 5 - 6 Step left to left side - hold
- 7 - 8 Touch right next to left - hold (weight on left)

Restart On wall 3 dance first 16 counts then RESTART dance. (There is NO RESTART with alternative music)

This dance is done especially for our Heartbeat Line Dance class and Rosemary our teacher.
