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- 1 Heel Struts, Rocking Chair**
1, 2 Right heel Forward, Right foot down
3, 4 Left Heel Forward, Left foot down
5, 6 Rock forward on Right foot, Recover onto Left
7, 8 Rock back on Right foot, Recover onto Left
- 2 Shuffle Forward, Rock, Recover, Walk Back, Coaster Step 1/4 Turn**
1 & 2 Right foot forward, Left foot behind Right, Right foot forward
3, 4 Rock Left foot forward, Recover onto Right
5, 6 Walk back on Left foot, Walk back on Right foot
7 & 8 Left foot back with 1/4 turn Left, Right foot back, Left foot forward
- 3 Jazz Box, Heel, Toe, Heel, Toe**
1, 2 Right foot over Left, Left foot back
3, 4 Right foot to Right side, Left foot next to Right
5, 6 Put Right heel forward, Put Right toe Back
7, 8 Right heel forward, Right toe Back
- 4 Kick Ball Out, Kick Ball Out, Rock, Recover, Shuffle 1/2 Turn, Step**
1 & 2 Kick Right foot forward, Place Right foot down, Touch Left out to Left side
3 & 4 Kick Left foot out, Place Left foot down, Touch Right foot to Right side
5, 6 Rock forward on Right foot, Recover onto Left
7 & 8 & Right foot forward with 1/4 turn Right, Left foot behind Right, Right foot forward with 1/4 turn Right,
Step Left next to Right
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