

8 COUNTS OF APPLE JACKS (SLOW)

- 1 - 2 With weight on left heel & right toe-spread both toes apart, center
3 - 4 Switch weight to right heel & left toe-spread both toes apart, center
5 - 8 Repeat 1-4

RIGHT SHUFFLE TO RIGHT, ROCK BACK, 3 COUNT TURN LEFT ROCK BACK

- 1 & 2 Right shuffle to right side (right-left-right)
3 - 4 Rock left back (5th position), step right in place
5 - 6 Turn 1/4 left as you step left forward, turn 1/2 left as you step right back.
7 - 8 Turn 1/4 left as you step left to left side. Touch right toe next to left (together)

RIGHT SHUFFLE TO RIGHT, ROCK BACK, 3 COUNT TURN LEFT (ROLLING FULL TURN), TOUCH TOGETHER

- 1 & 2 Right shuffle to right side (right-left-right)
3 - 4 Rock left back (5th), step right in place
5 - 6 Turn 1/4 left as you step left forward. Turn 1/2 left as you step right back.
7 - 8 Turn 1/4 left as you step left to left side, touch right toe next to left (together)

3 SHUFFLES BACK, STEP BACK, JUMP IN PLACE WITH FEET TOGETHER

- 1 & 2 Right shuffle back, (right-left-right)
3 & 4 Left shuffle back (left-right-left)
5 & 6 Right shuffle back (right-left-right)
7 - 8 Step left back, jump & land with feet together

4 STEP, SCUFFS FORWARD

- 1 - 4 Step right forward, scuff left heel forward, step left forward, scuff right heel forward
5 - 8 Repeats step scuffs-right scuff left, scuff

JAZZ BOX WITH 1/4 TURN RIGHT, SCUFF, JAZZ BOX WITH 1/4 TURN LEFT, SCUFF

- 1 - 4 Cross right over left, step left back & turn 1/4 right, step right to right side. Scuff left forward
5 - 8 Cross left over right, step right back & turn 1/4 left, step left to left side. Scuff right forward

CROSS ROCKS FORWARD & BACK (ROCKING CHAIR), RIGHT SHUFFLE IN PLACE

- 1 - 2 Cross right over left & rock forward (diagonally), step left in place
3 - 4 Rock right back, step left in place
5 - 6 Cross right over left & rock forward (diagonally), step left in place
7 & 8 Right shuffle in place

CROSS ROCK FORWARD, 1/4 TURN LEFT, STEP FORWARD, TOGETHER STEP FORWARD, HOLD, JUMP TWICE

- 1 - 2 Cross left over right & rock forward (diagonally), step right in place
3 - 4 Turn 1/4 left and step left forward, step right next to left. Now facing 9:00 wall
5 - 6 Step left forward, hold
7 - 8 Jump or scoot forward twice with feet slightly apart

REPEAT
