

STEP FORWARD, HOLD, BALL-STEP, ROCK-STEP, SHUFFLE BACK**/The ball-steps forward and shuffle back should be executed smoothly, not jumpy**

- 1 - 2 Step right foot forward, hold position
& 3 Quickly step left foot up to meet right foot, step forward on right foot
& 4 Quickly step left foot up to meet right foot, step forward on right foot
5 - 6 Rock forward onto left foot, rock back onto right foot
7 & 8 Step back onto left foot, quickly step right foot back to meet left foot, step back onto left foot

QUICKLY STEP FORWARD, HOLD, BALL-STEP, BALL-STEP, ROCK STEP, SHUFFLE BACK**/The ball-steps forward and shuffle back should be executed smoothly, not jumpy**

- & 1 - 2 Quickly step right foot back to meet left foot, step left foot forward, hold position
& 3 Quickly step right foot up to meet left foot, step forward on left foot
& 4 Quickly step right foot up to meet left foot, step forward on left foot
5 - 6 Rock forward onto right foot, rock back onto left foot
7 & 8 Step back onto right foot, quickly step left foot back to meet right foot, step back onto right foot

BALL-CROSS, HOLD, BALL-CROSS, BALL-CROSS, SIDE SHUFFLE, ROCK-STEP**/The ball-crosses and side shuffle should be executed smoothly, not jumpy**

- & 1 - 2 Quickly step left foot back to meet right foot, cross & step right foot over left foot, hold position
& 3 Quickly step left foot to left side, step & cross right foot over left foot
& 4 Quickly step left foot to left side, step & cross right foot over left foot
5 & 6 Step left foot to left side, step right foot beside left foot, step left foot to left side
7 - 8 Rock forward to a 45 degree left angle onto right foot, rock back in place onto left foot

BALL-CROSS, HOLD, BALL-CROSS, BALL-CROSS, 1/4 TURN SHUFFLE, ROCK-STEP**/The ball-crosses and side shuffle should be executed smoothly, not jumpy**

- & 1 - 2 Quickly step right foot to right side, cross and step left foot over right foot, hold position
& 3 Quickly step right foot to right side, cross and step left foot over right foot
& 4 Quickly step right foot to right side, cross and step left foot over right foot
5 & 6 Step 1/4 turn to the right onto right foot, quickly step left foot up to meet right foot, step right foot forward (facing 3:00)
7 - 8 Rock straight forward onto left foot, rock back in place onto right foot

QUICK 1/2 TURN left, SIDE-STEP, HOLD, SAILOR SHUFFLE, BALL-SIDE STEP, HOLD, SAILOR SHUFFLE

- & 1 - 2 Pivoting on the ball of right foot, quickly execute 1/2 left turn backwards, stepping left foot forward on completion on 1/2 turn (you are now facing 9:00), step right foot to right side, hold position
3 & 4 Cross and step left foot behind right foot, rock side right onto right foot, step side left onto left foot
& 5 - 6 Quickly step right foot next to left foot, step side left onto left foot, hold position
7 & 8 Cross and step right foot behind left foot, rock side left onto left foot, step side right onto right foot

THREE SAILOR SHUFFLES IN PLACE, ROCK STEP

- 1 & 2 Cross and step left foot behind right foot, rock side right onto right foot, step in place with left foot
3 & 4 Cross and step right foot behind left foot, rock side left onto left foot, step in place with right foot
5 & 6 Cross and step left foot behind right foot, rock side right onto right foot, step in place with left foot
7 - 8 Rock back onto right foot, step in place onto left foot

REPEAT