

Pairs around the room, progressing counter-clockwise.

Man stands on inside, woman on outside.

Both face line-of-dance.

Cape position: Man's right hand holds woman's right hand just outside her right shoulder.

Man's left hand holds woman's left hand in front of his left shoulder. Men's and ladies' parts are described separately:

WOMAN Rock Step - 1/4 turn - Hold - Military turn - hold - rock step

- 1-2 right rock forward - recover on left
- 3-4 right step turning 1/4 to the right (weight on right) - hold man behind woman looking outside of the circle with the hands over woman's shoulder
- 5-6 rising left hands left step forward - turn 1/2 to the right left hands crossed over right hands, face to face woman looking inside and man looking outside
- 7-8 left step next to right - hold

- 9-10 right rock step forward - recover on left
- 11-12 right next to the left Shuffle - 1/4 Turn - Rock Step
- 13&14 left shuffle turning 1/4 to the right man inside and woman outside looking line of circle dance with left hands crossed over right hands
- 15-16 right rock backward - recover on left
- 17&18 rising left hands right shuffle forward (right-left-right) turning 1/2 to the left under lefts arms
- 19&20 rising left hands left shuffle backward (left-right-left) turning 1/2 to the right under lefts arms

MAN Rock Step - 1/4 turn - Hold - Military turn - hold - rock step

- 1-2 right rock forward - recover on left
- 3-4 right step turning 1/4 to the right (weight on right) – hold man behind woman looking outside of the circle with the hands over woman's shoulder
- 5-6 rising left hands left step forward - turn 1/2 to the right left hands crossed over right hands, face to face woman looking inside and man looking outside
- 7-8 left step next to right - hold
- 9-10 left rock backward - recover on right
- 11-12 left next to the right Shuffle - 1/4 Turn - Rock Step
- 13&14 man turn right shuffle turning 1/4 to the left man inside and woman outside looking line of circle dance with left hands crossed over right hands
- 15-16 left rock backward - recover on right
- 17-18 left step forward - right step forward
- 19-20 left step forward - right next to the left

BOTH: Cape position again. Both face line-of-dance: Man's right hand holds woman's right hand just outside her right shoulder. Man's left hand holds woman's left hand in front of his left shoulder.

- 21-22 right step forward - left step forward
- 23-24 touch right heel forward - hook right over left
- 25-26 touch right heel forward - hook right over left
- 27-28 walk forward right - touch left heel forward
- 29-30 hook left heel over right - touch left heel forward
- 31-32 hook left heel over right - left step forward begin again