

1 Back Rock, Shuffle, Forward Rock, Shuffle

- 1 2 Rock back on right. Recover weight onto left.
3 & 4 Step right forward. Close left beside right. Step right forward.
5 6 Rock forward on left. Recover onto right.
7 & 8 Step left back. Close right beside left. Step left back.

2 Side Together(or full turn right), Triple, Side Together(or full turn left), Triple.

- 1 2 Step right to right side. Close left beside right.(or full turn right)
3 & 4 Step right, left, right in place.
5 6 Step left to left side. Close right beside left.(or full turn left)
7 & 8 Step left, right, left in place.

3 Rumba Shuffles.

- 1 2 Step right to right side. Step left beside right.
3 & 4 Step right forward. Close left beside right. Step right forward.
5 6 Step left to left side. Step right beside left.
7 & 8 Step left back. Close right beside left. Step left back.

4 Walk, Walk, Triple, Dip, Turn 1/4 Left, Shuffle.

- 1 2 Step back on right. Step back on left.
3 & 4 Step right beside left. Step left in place. Step right in place.
5 6 Bend knees. Turn 1/4 left on balls of feet, taking weight onto right. If possible kick left forward to ensure weight remains on right.
7 & 8 Step left back. Close right beside left. Step left back.