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- 1 - 2 - 3 Walk forward right, then left, turn 1/2 left and step back on right (facing back wall)
4 & Step ball of left beside right, step right slightly forward
5 - 6 - 7 Walk forward left, then right, turn 1/2 right and step back on left (facing front)
8 & Step ball of right beside left, step left slightly forward
1 - 2 - 3 Walk forward right, then left, then right
4 & Rock on left to side, return weight to right at center and at same time bring left leg in beside right (no weight on left)
5 - 6 - 7 Step back on left, then right, then left
8 & Rock right to side, return weight to left at center and at the same time bring right leg in beside left (no weight on right)
1 - 2 - 3 Step right to side, cross left behind, step right to side turning 1/4 right
4 & Rock forward on left, return weight to right turning 1/2 left
5 - 6 - 7 Step left forward, step on right and spin a full turn left, step left forward
8 & Rock forward on right, return weight to left turning 1/4 right
1 - 2 Step right to side swaying hips to right and slightly raising left heel, repeat to left
3 Return weight to right sliding left in beside
4 & Place left behind right swivelling both heels in (like a Louie), straighten heels
5 - 8 & Repeat above counts 1-4& on left side
1 - 2 - 3 Rock right to right side, return weight to left, cross right over left
4 & Rock left to left side, return weight to right turning 1/4 turn right
5 - 6 - 7 Rock left to left side, return weight to right, cross left over right
8 & Step right back, step left back beside right
1 - 2 Tap right heel forward at 45 degrees right, tap right heel forward across left at 45 degrees left
& Pop left knee forward at the same time cross/touch right toes over left
3 - 4 Tap right heel forward across left at 45 degrees left, tap right heel forward at 45 degrees right
& Step right beside left
5 - 8 & Repeat above counts 1-2 & 3-4 & on left

REPEAT