

WALK RIGHT, LEFT, ANCHOR STEP, BALL-TOUCH, SHIFT FORWARD, ROCK BACK, SHIFT FORWARD WITH LIFT

- 1-2 Step right forward, step left forward
3&4 Step right slightly back, step left in place, step right in place
&5-6 Step left diagonally back, touch right toe forward, step right in place
7-8 Step left in place, step right in place and hook left behind right

CROSS, TOUCH, ¾ MONTEREY RIGHT WITH TOUCH, CROSS-BALL-TOUCH, CROSS-BALL TOUCH

- 1-2 Cross left over right, touch right toe to side
3&4 Turn ¾ right and step right together, step left in place, touch right toe to side
Option for 3&4: touch right toe together, turn ¼ left (weight to left), touch right toe to side
5&6 Slide/cross right over left, step left to side, touch right toe to side
7&8 Slide/cross right over left, step left to side, touch right toe to side (9:00)
Counts 5-8 should travel somewhat left, upper body open, angled slightly left

¼ STEP RIGHT, STEP LEFT, STEP RIGHT ¼ RIGHT, STEP LEFT ¼ LEFT, STEP FORWARD RIGHT, SAILOR TURN ½ LEFT WITH HEEL, HOLD, BALL-STEP TURN ½ LEFT

- &1 Turn ¼ right (weight to right), step left forward
2-3-4 Turn ¼ right (weight to right), turn ¼ left (weight to left), step right forward
5&6 Cross left behind right, turn ¼ left and step right to side, turn ¼ left and touch left heel forward
7 Hold
&8 Step left together, turn ½ left and step right to side (12:00)

SHOULDER ROCKS: RIGHT, LEFT, STEP ¼ RIGHT, ½ RIGHT RONDE, SWEEP-BALL-SIT

- 1-2 Hold for two counts (weight to right)
Bend your knees slightly and then rise over your right foot, pushing your shoulders right, left, right on counts 1&2
3-4 Hold for two counts (weight to left)
Bend your knees slightly and then rise over your left foot, pushing your shoulders left, right, left on counts 3&4
5-6 Turn ¼ right and step right forward, sweep left back to front and turn ½ right
7&8 Sweep left front to back, step left back, touch right toe forward (sit into left hip)

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