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- 1 & Cross right foot behind left, step left foot to left side
2 Place right heel forward at 45 degrees (diagonally)
3 & Cross left foot behind right, step right foot to right side
4 Place left heel forward at 45 degrees (diagonally)
5 & Cross right foot behind left, step left foot to left side
6 Place right heel forward at 45 degrees (diagonally)
7 & Cross left foot behind right, step right foot to right side
8 Place left heel forward at 45 degrees (diagonally)
9 Rock diagonally forward to left on right foot
& Step left foot in place
10 Rock diagonally back to right on right foot, kicking left foot forward
& Step left foot in place
11 Rock diagonally forward to left on right foot
& Step left foot in place
12 Rock diagonally back to right on right foot, kicking left foot forward
& Step left foot in place
13 Rock diagonally forward to right on right foot
& Step left foot in place
14 Rock diagonally back to left on right foot, kicking left foot forward
& Step left foot in place
15 Rock diagonally forward to right on right foot
& Step left foot in place
16 Rock diagonally back to left on right foot, kicking left foot forward
& Step left foot in place
17 - 18 Step right foot forward, pivot 1/2 turn to left
19 - 20 Step right foot forward, pivot 1/2 turn to left
21 & Rock forward on right foot, step left foot in place
22 & Rock back on right foot, step left foot in place
23 & Rock forward on right foot, split heels apart
24 Bring heels back to center
25 & Rock back on right foot, step left foot in place
26 & Rock forward on right foot, step left foot in place
27 & Rock back on right foot, split heels apart
28 Bring heels back to center
29 - 30 Step right foot forward, pivot 1/4 turn left
31 - 32 Step right foot forward, pivot 1/4 turn left
33 - 34 Step right foot forward, pivot 1/4 turn left
35 - 36 Step right foot forward, place left heel forward

REPEAT