

ROCK FORWARDS AND BACKWARDS

- 1 - 4 Rock forward left, recover weight back on right, step left in place, hold
5 - 6 Rock back on right, recover weight forward on left
7 - 8 Step right in place, hold

SIDE ROCKS WITH ARM SWINGS

- 1 Left side rock and swing both arms out (horizontal) to left
2 Recover weight on right and swing arms back to center
3 - 4 Step left in place, hold
5 Right side rock and swing both arms out (horizontal) to left
6 Recover weight on left and swing arms back to center
7 - 8 Step right in place, hold

VINES WITH HEEL SLAPS

- 1 - 2 Side step left, right behind left
2 Side step left
4 Right foot behind left knee and slap right heel with left hand
5 - 6 Side step right, left behind right
7 Side step right
8 Take left foot behind right knee and slap left heel with right hand

STEP TOGETHERS TO LEFT, 3/4 TURN, HEEL DIG

- 1 - 2 Side step left, right next to left and clap
3 - 4 Side step left, right next to left and clap
5 - 6 Side step left with 1/4 turn left, step right forward
7 - 8 Pivot 1/2 turn left, right heel forward and clap

STEP BACKWARDS WITH HEEL DIGS, SLOW COASTER STEP AND HOLD

- 1 - 2 Step back right, touch left heel forwards and clap
3 - 4 Step left back, touch right heel forwards and clap
5 - 8 Step right back, step left next to right, step right forwards, hold

LEFT TOE AND HEEL DIGS WITH FINGER CLICKS AND HOLDS

- 1 Touch left toe to left side and click left fingers to left
2 Hitch left leg across right leg
3 Touch left toe to left side and click left fingers to left at same time
4 Hitch left leg across right leg
5 Touch left toe forward with bent knee and click left fingers forward
6 - 8 Hold for three counts

REPEAT