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- 1 & 2      **LINDY RHYTHM BASIC**  
MAN: Step left, together right, step left
- 3 - 4      **LADY: Step right, together left, step right**  
MAN: Rock back right, recover left
- 5 & 6      **LADY: Rock back left, recover right**  
MAN: Step right, together left, step right
- 7 - 8      **LADY: Step left, together right, step left**  
MAN: Rock back left, recover right
- LADY: Rock back right, recover left**
- /Lady crossing under man's left arm switching places**
- 9 & 10     **TWO SHUFFLES, ROCK STEP, CHA-CHA-CHA**  
MAN: Step forward left, right, left
- 11 & 12    **LADY: Step forward right, left, right**  
MAN: Step right, left, right, turning 1/2 left to face your partner
- 13 - 14    **LADY: Step left, right, left, turning 1/2 right to face your partner**  
MAN: Rock back left, recover right facing your partner palm to palm
- 15 & 16    **LADY: Rock back right, recover left facing your partner palm to palm**  
MAN: Bump hips left, right, left
- LADY: Bump hips right, left, right,**
- 3 SHUFFLES FORWARD LOD: SIDE TOGETHER SIDE, FORWARD LOD, SIDE TOGETHER SIDE-CHA-CHA-CHA**
- 17 & 18    **/Still palm to palm**  
MAN: Step right to right, together left, step right
- LADY: Step left, to left, together right, step left**
- /Holding man's left and lady's right, release forward hands and turn towards LOD**
- 19 & 20    **SHUFFLE FORWARD LOD EXTENDING HELD HANDS**  
MAN: Stylishly forward left, right, left face your partner palm to palm
- 21 & 22    **LADY: Shuffle forward LOD right, left, right face your partner palm to palm**  
MAN: Shuffle to side, right, left, right
- 23 & 24    **LADY: Shuffle to the side left, right, left**  
MAN: Bump hips left, right, right
- LADY: Bump hips, right, left, left**
- 25 & 26    **3 SHUFFLES BACK LOD: SIDE TOGETHER SIDE, ARMS EXTENDED BACK LOD, SIDE TOGETHER SIDE-CHA-CHA-CHA**  
MAN: Step left to left, together right, step left
- LADY: Step right to right, together left, step right**
- 27 & 28    **EXTENDING HELD HANDS, MANS RIGHT AND LADIES LEFT, RELEASE (BACK) FORWARD HANDS**  
MAN: Shuffle back LOD right, left, right
- LADY: Shuffle back LOD left, right, left**

29 & 30 **/Face your partner palm to palm**  
MAN: Shuffle to side left, right, left

31 & 32 **LADY: Shuffle to side right, left, right**  
MAN: Bump hips right, left, right

**LADY: Bump hips left, right, left**

**REPEAT**

**FOR A MIXER:**

**/On counts 31&32, man steps right-together-right while turning lady in a right underarm turn to her right to face new partner left-right-left. This results in changing only with the partners next to you, and back to your original partner with the next repetition.**