

RIGHT AND LEFT HEEL SWITCHES

- 1 & Touch right heel forward, step right beside left
2 & Touch left heel forward, step left beside right
3 & 4 Touch right heel forward twice, step right beside left
5 & Touch left heel forward, step left beside right
6 & Touch right heel forward, step right beside left
7 & 8 Touch left heel forward twice, touch left beside right

LEFT & RIGHT SIDE SHUFFLES & ROCK BACK

- 9 & 10 Shuffle side left on left, right, left
11 Rock back on right
12 Rock forward on left
13 & 14 Shuffle side right on right, left, right
15 Rock back on left
16 Rock forward on right

FORWARD SHUFFLES ROCK 1/2 TURN LEFT SHUFFLE

- 17 & 18 Shuffle forward left on left, right, left
19 & 20 Shuffle forward right on right, left, right
21 Left rock forward
22 Step back and 1/2 turn left
23 & 24 Shuffle in place on left, right, left

CROSS SHUFFLES AND CHUG FULL TURN LEFT

- 25 Cross step right over left, putting weight on right foot
& Step left foot to left and shift weight to left (you are now uncrossed)
26 Step right in place (beside left)
27 & 28 Repeat 25&26 but reversed.

/You end standing on both feet facing forward, but shift your weight predominantly onto the left

- 29 - 32 Right toe forward and turn left foot 1/4 turn left 4 times

REPEAT