

CROSS ROCK, RECOVER, STEP & HOLD, ROCK BACK, RECOVER, STEP & HOLD (TWICE)

- 1 Step right foot across in front of left foot and rock on to it (turning your body to the left at the same time)
2 Recover weight back in place on left foot (and face original position again)
3 - 4 Step right foot in place, pause for one beat
5 Step back on left and rock on to it
6 Recover weight in place on right foot
7 - 8 Step left foot in place, pause for one beat
9 - 16 Repeat 1-8

2 JUMPS TO RIGHT, HOLD, ROCK & RECOVER

- 17 - 18 Step to side on right foot, step left foot behind right foot
19 - 20 Step to side on right foot, step left foot behind right foot
21 - 22 Step to side on right foot, pause for one beat
23 Step left foot across in front of right foot and rock on to it (turning your body slightly to the right at the same time)
24 Recover weight back in place on right foot (and face original starting position again)

/Resist the temptation to "hold for one beat"!

HALF A BOX & TWO SLOW WALKS

- 25 - 26 Step to side on left foot, step right foot beside left foot
27 - 28 Step forward on left foot, pause for one beat
29 - 32 Two slow walks forward (right, hold, left, hold)

FORWARD, TOGETHER, STEP & TURN 1/2

- 33 - 34 Step forward on right foot, bring left foot to just behind right foot
35 Small step forward on right foot and rock on to it
36 Turn 1/2 left in place weight on left foot

REPEAT