

FORWARD BOX FOXTROT; WALK 2; QUICK FISHTAIL 4

- 1 - 2 & Step left foot forward, step right foot to right, close left foot to right foot
3 - 4 & Step right foot back, step left foot to left, close right foot to left foot
5 - 6 Step left foot forward step right foot forward checking the forward motion
7 & 8 & Step left foot diagonal back and left, step right foot to right so feet are apart, step left foot forward in front of right foot, cross right foot behind left foot so feet are apart but crossed (these steps form a cross)

PADDLE 2, FORWARD TRIPLE

- 9 - 10 Rock forward left foot turning 1/4 right recover right foot
11 & 12 Step left foot forward, close right foot to left foot, step left foot forward

FORWARD ROCK 2& TURN 1/4 RIGHT, SIDE TRIPLE

- 13 - 14 Rock forward right foot turning 1/4 right recover left foot
15 & 16 Step right foot to right, close left foot to right foot, step right foot to right

CROSS LUNGE FOXTROT TWICE; NEW YORKER CHA; OPEN TWINKLE TWICE

- 17 - 18 & Rock left foot in front of right foot, recover right foot, step left foot to left
19 - 20 & Rock right foot in front of left foot, recover left foot, step right foot to right
21 - 22 Rock left foot in front of right foot recover right foot
23 & 24 Step left foot to left, close right foot to left foot step left foot to left
25 - 26 Cross right foot in front of left foot, rock left foot to left, recover right foot
27 - 28 & Cross left foot in front of right foot, rock right foot to right, recover left foot

FRONT, SIDE & TURN 1/4 RIGHT, FORWARD TRIPLE

- 29 - 30 Cross right foot in front of left foot rock left foot to left turning 1/4 right
31 & 32 Recover right foot forward, close left foot to right foot, step right foot forward

REPEAT

/Foxtrot timing for this dance is Slow Quick, Quick. The rest is Cha-cha timing Slow, Slow, Quick, Quick, Slow. The second piece of music is for those that hate slow music. It turns the dance into a quickstep rather than a foxtrot.