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- 1 Forward and backward rocks**
1-4 Rock fwd on R and recover, Rock back on R and recover,
5-8 Point R to R side keeping weight on L, hold, pivot 180 degrees on L (anti clockwise), hold
- 2 Forward and backward rocks**
9-12 Rock fwd on R and recover, Rock back on R and recover,
13-16 Point R to R side keeping weight on L, hold, pivot 180 degrees on L (anti clockwise) , hold
- 3 Side shuffle rock back, pivot turn and point**
17-20 Step R to side, slide L next to R, step R to R side, rock back on L
21-22 Rock fwd on R, Pivot 180 degrees on R (clockwise) transferring weight to L,
23&24 Point R to R side, bring R next to L (transferring weight to L and point L to L side
- 4 Step touches, Jazz box with a 1/4 turn**
25-28 Step L across R, point R to side, step R across L, point L to side
29-32 Step L across R, step R across L, step L backwards turning ¼ turn to L, touching R to L
- 5 Monterey turns**
33-36 Point R to R side, bring R next to L transferring weight,
pivot 180 degrees (clockwise) pointing L to L side
37-40 Point R to R side, bring R next to L transferring weight,
pivot 180 degrees (clockwise) pointing L to L side
- 6 Diagonal rock and hook and unwind, Coaster Step**
41-44 Rock fwd on R on L diagonal, step back on R hooking L over R (on the and count),
unwind 180 degrees to L transferring weight to R
45-48 Step L back, touch R next to L, step L forward, hold
- 7 Pendulum**
49,50& Touch R in front, touch R to side, step R next to L,
51,52 Touch L to L side, touch L next to R.
53,54& Touch R in front, touch R to side, step R next to L
55-56 Touch L to L side, touch L next to R.
- 8 Sailor step, Sailor ½ turn**
57-60 Sweep R behind L and rock onto R, rock back onto L and replace weight on R, hold
61-64 Sweep L behind R (turning 180 degrees anti-clockwise)
and rock onto L touching R to left keeping weight on L, hold
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