

#### HEEL STRUTS, HEEL DROPS

- 1 & Left heel forward; drop left toe lifting left heel & bending left knee  
2 & Drop left heel to the floor twice shifting weight to left foot  
3 & Right heel forward; drop right to lifting right heel & bending right knee  
4 & Drop right heel to the floor twice shifting weight to right foot

#### CROSS, UNWIND 1/2 TURN RIGHT, HEEL TWISTS, CLAP

- 5 Cross left over right, placing ball of left foot on floor  
6 Unwind by turning right 1/2 and shifting weight to left foot with feet part  
7 & 8 With weight on balls of both feet twist heels right, left, right  
& Clap hands

#### CAJUN JOGS FORWARD & CLAP

- 1 & 2 With weight mainly on balls of feet, step forward left, right, left  
& Lift right knee & hop on left foot clapping hands  
3 & 4 With weight mainly on balls of feet step forward right, left, right  
& Lift left knee and hop on right foot clapping hands

#### BACK SKIPS & FORWARD STOMP, HOLD

- 5 Step back left crossing slightly behind right  
& Hop on left foot lifting right knee  
6 Step right back crossing slightly behind left  
& Rock back on ball of left foot  
7 Stomp right to right forward diagonal bending right knee with weight over right foot

#### /(Optional: Arms out to sides, palms down on count 7)

- 8 Hold

#### CROSS ROCKS & PADDLE TURN-LEFT

- 1 Cross left in front of right rocking onto left bending both knees  
& Replace weight back to right straightening both legs  
2 Small step left to left side  
3 Cross right in front of left rocking onto right bending both knees  
& Replace weight back to left straightening both legs  
4 Small step right to right side  
5 Cross left in front of right rocking onto left bending both knees  
& Replace weight back to right straightening both legs  
6 Small step left to left side turning /14 left starting a left paddle turn  
& Continuing left paddle turn with right foot slightly behind left, step on ball of right foot  
7 Replace weight to left foot continuing left turn  
& Left paddle turn with right foot slightly behind left, step on ball of right foot  
8 Replace weight to left foot completing paddle turn

#### /(You are now facing the same wall you were when you did the cross rocks)

#### CROSS ROCKS & PADDLE TURN-RIGHT

- 1 Cross right in front of left rocking onto right bending both knees  
& Replace weight back to left straightening both legs  
2 Small step right to right side  
3 Cross left in front of right rocking onto left bending both knees  
& Replace weight back to right straightening both legs  
4 Small step left to left side  
5 Cross right in front of left rocking onto right bending both knees  
& Replace weight back to left straightening both legs  
6 Small step right to right side turning /14 right starting a right paddle turn  
& Continuing right paddle turn with right foot slightly behind left, step on ball of left foot  
7 Replace weight to right foot continuing right turn

& Right paddle turn with left foot slightly behind right, step on ball of left foot  
8 Replace weight to right foot completing paddle turn

**/(You are now facing the same wall you were when you did the cross rocks)**

**REPEAT**

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