

HEEL ROCK STEP, ROCK BACK, SHUFFLE BACK

1 - 2 Left heel rock step forward, rock back onto right
3 & 4 Shuffle back (left, right, left)

ROCK STEP BACK, ROCK FORWARD, SHUFFLE 3/4 TURN

5 - 6 Right rock step back, rock forward onto left
7 & 8 Shuffle 3/4 turn left (right, left, right)

SAILOR SHUFFLE RIGHT AND LEFT

1 & 2 Step left behind right, step right to right, step left to left
3 & 4 Step right behind left, step left to left, step right to right

STEP, TOGETHER. SHUFFLE, LEFT AND RIGHT

5 - 6 Step left to left, step right beside left
7 & 8 Side shuffle (left, right, left) moving left
1 - 2 Step right, step left beside right
3 & 4 Side shuffle (right, left, right) moving to right

LEFT FORWARD ROCK STEP, ROCK BACK, LEFT BACK ROCK STEP, ROCK FORWARD

5 - 6 Left rock step forward, rock back onto right
7 - 8 Left rock step back, rock forward onto right

STEP, LOCK, SHUFFLE, LEFT & RIGHT

1 - 2 Left forward step, slide right up behind left
3 & 4 Shuffle forward (left, right, left)
5 - 6 Right forward step, slide left up behind right
7 & 8 Shuffle forward (right, left, right)

STEP PIVOT 1/2 TURN RIGHT, SHUFFLE FORWARD, STEP, PIVOT 1/2 TURN, SHUFFLE 1/2 TURN

1 - 2 Left step forward, pivot 1/2 turn right
3 & 4 Shuffle forward (left, right, left)
5 - 6 Right step forward, pivot 1/2 turn left
7 & 8 Shuffle in place while making 1/2 turn left (right, left right)

REPEAT