

S - 1 SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK FULL TURN TRIPLE

- 1 - 2 Rock right to side, recover to left
- 3 & 4 Cross right behind left, step left to side, cross right over left
- 5 - 6 Rock left to side, recover to right
- 7 & 8 Triple in place turning a full turn left stepping left, right, left (12:00)

S - 2 SIDE ROCK CROSS AND CROSS, SIDE ROCK CROSS AND CROSS

- 1 - 2 Rock right to side, recover to left
- 3 & 4 Crossing chasse right, left, right
- 5 - 6 Rock left to side, recover to right
- 7 & 8 Crossing chasse left, right, left

S - 3 SIDE ROCK TOGETHER, SIDE ROCK TOGETHER, KICK BALL CHANGE, KNEE POPS, SHOULDER POPS

- 1 & 2 Rock right to side, recover to left, step right together
- 3 & 4 Rock left to side, recover to right, step left together
- 5 & 6 & Kick right forward, step right together, step left together, pop knees out
- 7 & 8 Knees together, push shoulders back, shoulders forward

S - 4 STEP HOLD, ROCK RECOVER, BACK 3/4 PADDLE TURN

- 1 - 2 Step right forward, hold
- 3 - 4 Rock left forward, recover to right
- 5 & Step left back, turn 1/4 left (weight to right)
- 6 & Step left back, turn 1/4 left (weight to right)
- 7 & Step left back, turn 1/4 left (weight to right)
- 8 Step left together (3:00)

Repeat
