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Start Position: Lady and Gentleman are standing in a row after each other. Left hands on shoulders high, Man's right hand is on Lady's hip, Lady's right hand lies on Man right hand.  
The dance begins with the voice.

**Man steps:****Step l, Step, Step, Chassé r, Step bwd, Step bwd, Side, Cross**

- 1 step LF to the left - change hands and put them down
- 2, 3 step RF fwd, step LF fwd
- 4&5 step RF to the right, slide LF next to RF, step RF to the right - change hands after Man's back side
- 6, 7 step LF bwd, step RF bwd - turn hands over Lady's head
- &8 LF small step to the left, cross RF over LF - back in start position

**CW ¼ Turn Slide**

with the follow 8 steps, you make a ¼ turn left fwd

- 1, 2 step LF with a small bow (1/16 turn) left, step RF next to LF
- 3, 4 step LF with a small bow (1/8 turn) left, step RF next to LF
- 5, 6 step LF with a small bow (3/16 turn) left, step RF next to LF
- 7, 8 step LF with a small bow (1/4 turn) left, step RF next to LF  
shake your hips with the beat

**Rock Step, Shuffle bwd, Rock Back, Shuffle fwd**

- 1, 2 step LF fwd, weight back on RF
- 3&4 step LF bwd, slide RF next to LF, step LF bwd
- 5, 6 step RF bwd, weight back on LF
- 7&8 step RF fwd, slide LF next to RF, step RF fwd

**Step ½ Turn, Shuffle fwd, Step ½ Turn, Shuffle fwd**

at the turns, take hands over Lady's head

- 1, 2 step LF fwd, ½ turn right on both balls (weight RF)
- 3&4 step LF fwd, slide RF next to LF, step LF fwd
- 5, 6 step RF fwd, ½ turn left on both balls (weight LF)
- 7&8 step RF fwd, slide LF next to RF, step RF fwd

**Lady:****Step bwd, Chassé l, Step fwd, Step fwd, Chassé r, Step bwd**

- 1 step RF right - change hands and put them down
- 2, 3 step LF bwd, step RF bwd
- 4&5 step LF left, slide RF next to LF, step LF left - change hands after Man's back side
- 6, 7 step RF fwd, step LF fwd - turn hands over Lady's head
- 8 step RF right - back to start position

**CW ¼ Turn Slide**

with the follow 8 steps, you make a ¼ turn left fwd

- 1, 2 step LF with a small bow (1/16 turn) left, step RF next to LF
- 3, 4 step LF with a small bow (1/8 turn) left, step RF next to LF
- 5, 6 step LF with a small bow (3/16 turn) left, step RF next to LF
- 7, 8 step LF with a small bow (1/4 turn) left, step RF next to LF  
shake your hips with the beat

**Rock Step, Shuffle bwd, Rock Back, Shuffle fwd**

- 1, 2 step LF fwd, weight back on RF
- 3&4 step LF bwd, slide RF next to LF, step LF bwd
- 5, 6 step RF bwd, weight back on LF
- 7&8 step RF fwd, slide LF next to RF, step RF fwd

**Step ½ Turn, Shuffle fwd, Step ½ Turn, Shuffle fwd, Step**

at the turns, take hands over Lady's head

- 1, 2 step LF fwd, ½ turn right on both balls (weight RF)
- 3&4 step LF fwd, slide RF next to LF, step LF fwd
- 5, 6 step RF fwd, ½ turn left on both balls (weight LF)
- 7&8& step RF fwd, slide LF next to RF, step RF fwd, step LF next to RF