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- ROCK FORWARD, BACK, STEP BACK, BALL CROSS**
1,2,3 & 4 Rock forward right, rock back on left, step back right, step left beside right, cross right over left
- STEP SIDE, CROSS BEHIND 1/4 TURN LEFT, SHUFFLE LEFT**
5,6,7 & 8 Step left to left side, cross right behind left turning 1/4 turn left, shuffle forward left (left-right-left)
- CROSS RIGHT, STEP BACK LEFT, FULL TURN TRIPLE STEP**
1,2,3 & 4 Cross right over left, step back on left (traveling back) triple step full turn over right (right-left-right)
- CROSS LEFT, STEP BACK RIGHT, STEP LEFT BESIDE RIGHT, STEP BACK RIGHT, STEP FORWARD LEFT**
5,6,7 & 8 Cross left over right, step back on right, slightly step back on left then right, step forward left
- STEP FORWARD RIGHT 1/4 TURN LEFT, CROSS RIGHT BEHIND LEFT, STEP LEFT TO LEFT, CROSS RIGHT OVER LEFT**
1,2,3 & 4 Step forward right, pivot 1/4 turn left take weight on left, cross right behind left, step left to left, cross right over left
- STEP LEFT SLIDE RIGHT, CROSS RIGHT BEHIND CROSSING LEFT, ROCK BACK ON RIGHT**
5,6, & 7,8 Step left to left, slide right to left, cross/step right behind left, cross left over right, rock back on right
- CROSS LEFT, HOLD, STEP RIGHT CROSSING LEFT, STEP RIGHT TO RIGHT SIDE**
1,2 & 3,4 Cross left over right, hold, step right in place crossing left, step right to right side
- STEP LEFT CROSS RIGHT, STEP LEFT 1/4 TURN RIGHT, STEP RIGHT 1/4 TURN RIGHT, STEP LEFT BESIDE RIGHT**
5,6,7 & 8 Step left to left, cross right over left, step left to left turning 1/4 turn right, step back right turning 1/4 turn right, step left beside right
- ROCK FORWARD, ROCK BACK, TRIPLE 1/4 TURN LEFT, ROCK FORWARD, ROCK BACK, TRIPLE STEP 1/4 TURN LEFT**
1,2,3 & 4 Rock forward right, rock back on left, triple step turning 1/4 turn left, (right-left-right)
5,6,7 & 8 Rock forward left, rock back on right, triple step turning 1/4 turn left (left-right-left)
- WALK, WALK, 1/2 TURN SHUFFLE BACK RIGHT, ROCK BACK, ROCK FORWARD, CROSS SHUFFLE**
1,2,3 & 4 Taking large steps walk forward right, left turning 1/2 turn left shuffle back right (right-left-right)
5,6,7 & 8 Rock back left, rock forward right, cross shuffle left over right traveling 45 degrees right (left-right-left)
- ROCK STEP RIGHT TO RIGHT, CROSS LEFT BEHIND TURNING 1/4 LEFT SHUFFLE FORWARD RIGHT**
1,2,3 & 4 Step right to right, cross left slightly behind right turning 1/4 turn left, shuffle forward right (right-left-right)
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5,6,7 & 8 Traveling back 45 degrees left, step back left, cross right, step back left, cross right, step back left
1,2,3 & 4 Traveling back 45 degrees right, step back right, cross left, step back right, cross left, step back right
- STEP FORWARD LEFT, 1/2 TURN LEFT STEPPING BACK ON RIGHT, TRIPLE STEP 1/2 TURN LEFT**
5,6,7 & 8 Step forward left turning 1/2 turn left step back on right, turn 1/2 turn left triple step left-right-left
- REPEAT**
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