

Rock forward, shuffle back, rock back, and shuffle forward.

1-2 Rock forward R and recover
3&4 R shuffle back
5-6 Rock back L and recover
7&8 L shuffle forward

Rock to right, behind side front, rock to left, behind side front

9-10 Rock R to R side and recover
11&12 Step R behind L, L to side, R in front L
13-14 Rock L to L side, recover
15&16 Step L behind R, R to side, L in front R

Forward shuffle right, ½ turn right, side behind and cross, ½ turn.

17&18 R shuffle forward
19-20 Step forward L, ½ turn
21-22&23 Step L to side, R behind L, right step & cross R over L
24 Half turn L,

Toe, heel, triple step (or full turn), toe, heel, chasse.

25-26 R toe, heel
27&28 Triple step in place (or full turn if you fancy)
29-30 L toe, heel
31&32 L chasse to L

Do not slow down for the slow bit of music and have fun.
