

- 1-2 Walk forward right, Walk forward left
&3-4 Turn 1/8 right and step right foot forward, turn 1/8 right and touch left toe to left side, step left foot across and in front of right (3:00)
5&6 Turn ¼ turn right and step forward on right foot, turn ½ turn right and step left foot next to right foot, step forward on right foot
7&8 Step forward on left foot (opening body slightly to left diagonal), (keeping the body open) rock forward on right (toward 12:00), recover to left foot Bring right foot slightly off floor
- 1&2 Step right foot back and across left foot, step back on left foot (squaring up to 12:00 wall), step right foot to right side
3&4 Turn ¼ turn right and step forward on left foot, turn ¾ to right (weight to right foot), point left toe to left side (12:00)
5&6& Rock back to right diagonal on left foot, recover to right foot, rock side left on left foot, recover to right foot
7-8 Step forward to right diagonal on left foot, step forward to right diagonal on right foot
- &1 Turn ½ turn right and step back on left foot, step right foot to right side (facing 6:00)
2-3-4 Step forward on left foot, step forward on right foot (toe turned out), turn ½ turn right and step back on left foot (12:00)
5&6 Rock side right on right foot, recover to left foot, step right foot across and in front of left foot
a7&8 Unwind ½ turn left taking weight on left foot, bending left knee and pointing right toe back, rondé right foot back to front, hold (6:00)
Right toe is touching forward while you are in a sit position over left foot
"a7&8" should be done in a continuous fluid motion
- 1&2 Turn ½ turn right and step forward on right foot, turn ½ turn right and step left foot next to right foot, step forward on right foot
3-4 Walk forward left, walk forward right
5&6 Rock forward on left foot, recover to right foot, step back on left foot
7-8 Turn ½ turn right and step forward on right foot, turn ¾ turn right (weight to left foot) (9:00)
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