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- 1-2-3 Step forward on right foot, step forward on left foot, touch right toe to right side
4&5 Rock forward on right foot, recover to left foot, turn ½ turn right and step forward on right foot
6-7 Step forward on left foot, turn ½ turn right (weight to right foot)
8&1 Rock side left on left foot, recover to right foot, step left foot across and in front of right foot
- 2-3 Rock side right on right foot, recover to left foot
4&5 Step right foot behind left foot, step left foot to left side, step right foot across and in front of left
6-7 Turn ½ turn left and step forward on left foot, turn ½ turn left and step back on right foot
8&1 Step left foot back, step right foot together, step left foot forward
- 2-3 Walk forward right, walk forward left
4&5 Step ball of right foot behind left foot, step left foot back (toe turned in),
turn ½ right and step forward on right foot
6-7 Turn ½ turn right and step back on left foot, step back on right foot
8&1 Step back on left foot, step right foot to right side, step left foot across and in front of right foot
- 2-3&4 Step forward on right foot, turn ¼ turn right and rock side left on left foot, recover to right foot,
step forward on left foot
5-6 Rock forward on a straight right leg pushing hips forward, recover to left foot
7&8-1 Step right foot back, step left foot together, step right foot forward (toe turned out),
turn ½ turn right and step back on left foot
- 2-3-4 Step back on right foot, turn ¼ turn left and rock side left on left foot, recover to right foot
5&6 Turn ¼ turn right and triple forward stepping left, right, left
7-8 Step right foot across and in front of left foot, turn ¼ turn right and step back on left foot
- 1-2-3-4 Step right foot to right side, step left foot forward and slightly side,
step right foot forward and slightly side, step back on left foot
&5 Turn ½ turn right and step forward on right foot, step left foot to left side.
Weight is over both feet
6-7-8 Push hips to left, push hips to right, push hips to left taking weight on left foot
- &1-2-3 Step right foot next to left foot, step left foot across and in front of right foot,
rock to right side on right foot, recover to left foot
4&5 Step right foot behind left foot, step left foot to left side,
step right foot across and in front of left foot
6-7-8&1 Rock to left side on left foot, recover to right foot,
cross triple left over right stepping left, right, left
- 2-3 Turn ¼ turn right and step forward on right foot, step forward on left foot
4&5 Step right foot forward, step left foot in place, step right foot together
6&7 Step left foot back, step right foot in place, step left foot together
8&1 Step forward on right foot, turn ¼ turn left (weight to left),
step right foot across and in front of left foot
- 2-3 Turn ¼ turn right and step back on left foot, turn ¼ turn right and step right foot to right side
4&5-6-7 Rock left foot across and in front of right foot, recover to right foot,
turn ¼ turn left and step forward on left foot, turn ½ turn left and step back on right foot,
turn ¼ turn left and step left foot to left side
8&1& Rock right foot across and in front of left foot, recover to left foot,
step right foot a small step to right side, step left foot across and in front of right foot
- 2-3 Step right foot to right side (toe turned out and torque upper body left),
turn ½ turn right stepping left foot to left side
4&5 Step right foot behind left foot, turn ½ turn right and step left foot to next to right foot,
step right foot across and in front of left foot
&6&7& Step left foot to left side, step right foot behind left foot, step left foot to left side,
step right foot across and in front of left foot, step left foot to left side
8&1 Step right foot behind left foot, step left foot to left side, hold
- &2-3 Step right foot next to left foot, step left foot across and in front of right foot,
turn ¼ turn right and step forward on right foot
4&5 Turn ¼ turn right and step back on left foot, step right foot next to left, step forward on left foot
6-7-8&1 Walk forward right, walk forward left, rock forward on right foot,
recover to left foot, turn ½ turn right and step forward on right foot
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- 2&3 Triple forward stepping left, right, left
- 4&5&6& Rock forward on right foot, recover to left foot, turn $\frac{1}{4}$ turn right and step ball of right foot to right side, step ball of left foot to left side, step ball of right foot next to left foot, step left foot across and in front of right foot
- 7-8 Take large step to right side on right foot pushing hip to right, step forward on left foot
- 1-2-3&4 Walk forward right, walk forward left, step forward on right foot, turn $\frac{1}{2}$ turn (weight to left), step forward on right foot (toe turned out)
- 5-6 Turn $\frac{1}{2}$ turn right and step back on left foot, turn $\frac{1}{2}$ turn right and step forward on right foot
- 7&8 Turn $\frac{1}{2}$ turn right and step back on left foot, step right foot next to left, step forward on left foot
- 1-2&3 Step forward on right foot, turn $\frac{1}{4}$ turn right and rock side left, recover to right foot, turn $\frac{1}{4}$ turn right and step forward on left foot
- 4&5 Rock to right side on right foot, recover to left foot, step right foot across and in front of left foot
- 6-7-8 Unwind slowly a $\frac{1}{2}$ turn left taking weight onto left foot
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