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- One** **HEEL, HOOK , TOUCH, KICK, WALK BACK, BACK, COASTER STEP**  
1 - 2 Touch right heel diagonal right, hook to front of left shin.  
3 - 4 Touch right toe next left foot, kick right foot diagonally right.  
5 - 6 Walk Back on right, walk back on left.  
7 & 8 Step back on right, step left next right, step fwd on right.
- Two** **HEEL, HOOK, TOUCH, KICK, BACK ROCK, SHUFFLE FWD.**  
1 - 2 Touch left heel diagonal left, hook to front of right shin.  
3 - 4 Touch left toe next right foot, kick left foot diagonally left.  
5 - 6 Rock back on left, recover fwd on right.  
7 & 8 Shuffle fwd on left, right, left.
- Three** **STEP 1/4 , CROSS SHUFFLE, SIDE, BEHIND, CHASSE 1/4 TURN.**  
1 - 2 Step fwd on right, pivot 1/4 turn left.  
3 & 4 Cross right over left, step left to left side, cross right over left.  
5 - 6 Step left to left side, cross right behind left.  
7 & 8 Step left to left side, close right next left, step left 1/4 turn left.
- Four** **PIVOT 1/2 TURN, WALK WALK OR FULL TURN, KICK BALL 1/4 TURN, KICK BALL CHANGE.**  
1 - 2 Step fwd on right, pivot 1/2 turn left.  
3 - 4 Walk fwd on right, walk fwd on left. (Can be replaced by a full turn left)  
5 & 6 Kick right foot fwd, step down on ball of right turning 1/8th turn left, step left next right 1/8th turn left  
7 & 8 Kick right foot fwd, step down on ball of right, step left next right.
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