

FORWARD SHUFFLES X 4

- 1 & 2 Shuffle forward right, left, right
3 & 4 Shuffle forward left, right, left
5 & 6 Shuffle forward right, left, right
7 & 8 Shuffle forward left, right, left

KICK & KNEE BALL CHANGES

- 1 & 2 Kick right foot forward, step on ball of right, step weight back on to left
3 & 4 Hitch right knee across left knee, step on ball of right, step weight back on to left
5 & 6 Kick right foot forward, step on ball of right, step weight back on to left
7 & 8 Hitch right knee across left knee, step on ball of right, step weight back on to left

SINGLE BEAT RIGHT COASTER, BALL CHANGE

- 1,2,3 Step back right, step left next to right, step forward right
& Step on ball of left
4 Step weight back on to right

KICK & KNEE BALL CHANGES

- 1 & 2 Kick left foot forward, step on ball of left, step weight back on to right
3 & 4 Hitch left knee across right knee, step on ball of left, step weight back on to right
5 & 6 Kick left foot forward, step on ball of left, step weight back on to right
7 & 8 Hitch left knee across right knee, step on ball of left, step weight back on to right

SINGLE BEAT LEFT COASTER, BALL CHANGE

- 1,2,3 Step back on left, step right next to left, step forward on left
& Step on ball of right
4 Step weight back on to left

TURNING SHUFFLES, SIDE SHUFFLE, ROCKS

- 1 & 2 Shuffle to the right, turning 1/2 turn right (right-l-r)
3 & 4 Shuffle to the left, turning 1/2 turn right (left-right-left)
5 & 6 Shuffle to the right (right-left-right)
7,8 Rock back on left, rock forward on right

TURNING SHUFFLES, SIDE SHUFFLE, ROCKS

- 1 & 2 Shuffle to the left, turning 1/2 turn left (left-right-left)
3 & 4 Shuffle to the right, turning 1/2 turn left (right-left-right)
5 & 6 Shuffle to the left (left-right-left)
7,8 Rock back on right, rock forward on left

ROCKS, SHUFFLE, SCOOT & HITCHES, BALL CHANGE

- 1,2 Rock forward on right, rock back on left
3 & 4 Shuffle backwards right-left-right
& Scoot back right, hitching left
5 Step back left
& Scoot back left, hitching right
6 Step back right
& Scoot back right, hitching left
7 Step back left
& Step on ball of right
8 Step weight back on to left

SCOOT & HITCHES, BALL CHANGE, ROCKS, SHUFFLE

- & Scoot back on left, hitching right
1 Step back on right
& Scoot back on right, hitching left
2 Step back on left

& Scoot back on left, hitching right
3 Step back on right
& Step on ball of left
4 Step weight back on to right
5,6 Rock back on left, rock forward on right
7 & 8 Shuffle forward left-right-left

SHUFFLES, ROCKS, MODIFIED SAILOR

1 & 2 Shuffle forward right-left-right
3 & 4 Shuffle forward left-right-left
5,6 Rock to the right side on right, rock weight back on left
7 & 8 Step right behind left, step left to the left side, step right beside left

ROCKS, MODIFIED SAILOR, STEP PIVOT, TOUCH, HOLD

1,2 Rock to the left side on left, rock weight back on to right
3 & 4 step left behind right, step right to the right side, step left beside right
5,6 Step right forward, pivot 1/2 turn left
7,8 Touch right beside left, hold

REPEAT