

SWAYING FORWARD WALKS

- 1 Step forward on right, turning body slightly left
- 2 Hold
- 3 Step forward on left, turning body slightly right
- 4 Hold
- 5 - 8 Walk forward right-left-right-left (continue turning body left right-left-right)

SWAYING BACK WALKS

- 9 Step back on right, turning body slightly right
- 10 Hold
- 11 Step back on left, turning body slightly left
- 12 Hold
- 13 - 16 Walk back right-left-right-left (continue turning body right left-right-left)

RIGHT HEEL, TOE, TURN

- 17 Extend right heel forward
- 18 Hold
- 19 Extend right toe back
- 20 Hold
- 21 Extend right heel forward
- 22 Lift right heel & turn 1/4 to right on ball of left
- 23 Step down on right foot
- 24 Hold

LEFT HEEL, TOE, TURNS

- 25 Extend left heel forward
- 26 Hold
- 27 Extend left heel to rear
- 28 Hold
- 29 Extend left heel forward
- 30 Lift left heel & turn 1/4 left on ball of right
- 31 Step down on left
- 32 Hold

LADY'S BACK PASS

- 33 & 34 Shuffle right-left-right
- 35 & 36 Shuffle left-right-left
- 37 & 38 Shuffle right-left-right
- 39 & 40 Shuffle left-right-left

/During these shuffles, the lady crosses in front of the man, without turning, and ends up behind him, holding his back extended hands. The lady's first step is right crossing over left.

LADY'S FRONT PASS

- 41 & 42 Shuffle right-left-right
- 43 & 44 Shuffle left-right-left
- 45 & 46 Shuffle right-left-right
- 47 & 48 Shuffle left-right-left

/During these shuffles, return lady in front of the man, facing LOD, hands right to right and left to left.

SWAYS

- 49 Step right to right & sway right
- 50 Touch left to right
- 51 Step left to left & sway left
- 52 Touch right to left
- 53 - 56 Sway bodies right left-right-left

FACE TO FACE

- 57 & 58 Bring right hands over lady's head & turn lady 1/2 to left to face man, on right-left-right shuffle hands are crossed right hands on top
59 & 60 Shuffle in place left-right-left
61 & 62 Rock back on right, heels extending, left heels forward & step together
63 & 64 Repeat steps 61&62

SWING IN PLACE

- 65 & 66 MAN: Shuffle left-right-left

LADY: Shuffle right-left-right

- 67 & 68 MAN: Shuffle right-left-right

LADY: Shuffle left-right-left

- 69 & 70 MAN: Rock back on left heel, extend right heel forward, then return feet together

LADY: Rock back on right heel, extend left heel forward, then return feet together

- 71 & 72 BOTH: Repeat steps 69&70

AROUND THE WORLD

- 73 & 74 BOTH: Resume using the same footwork, shuffle right-left-right
75 & 76 Shuffle left-right-left
77 & 78 Shuffle right-left-right
79 & 80 Shuffle left-right-left

/During these shuffles, raise lady's hands up and turn lady to the left to travel around man's left side & end up on man's right side.

KNEE, BALL, CHANGES

- 81 & 82 Bring right knee up and step down on right turning 1/8 to the right, step down on left
83 - 88 Repeat steps 81&82 three time. This completes a 1/2 turn

DUCK OUT & TURN AROUND

- 89 - 96 During the next 4 shuffles, both starting on right-left-right, (1) lady ducks under man's right arm, (2) on left-right-left, lady goes to man's left, man to right, (3) on right-left-right, man and lady turn 1/2 to the left to face LOD in open position (4) shuffle in place

REPEAT