

WEAVE RIGHT / SIDE ROCK / CROSS SHUFFLE

- 1 - 2 Step right to right side, cross left behind
3 - 4 Step right to right side, cross left in front of right
5 - 6 Step right to right side, rock weight onto left foot
7 & 8 Cross right over left, step left to left, cross right over left

WEAVE LEFT / SIDE ROCK 1/4 TURN / FORWARD SHUFFLE

- 1 - 2 Step left to left side, cross right behind
3 - 4 Step left to left side, cross right in front of left
5 - 6 Step left to left side, rock weight onto right foot making 1/4 turn right
7 & 8 Shuffle forward on left-right-left

RUNNING MAN FORWARD / SHUFFLE FORWARD / STEP-1/2 TURN

- 1 & Step forward with right foot, slide right foot back hitching up left leg
2 & Step forward with left foot, slide left foot back hitching up right leg
3 & 4 & Repeat counts 1&2& of this section again
5 & 6 Shuffle forward on right-left-right
7 - 8 Step forward on left foot, pivot 1/2 turn right

RUNNING MAN FORWARD / SHUFFLE FORWARD / STEP-1/2 TURN

- 1 & Step forward with left foot, slide left foot back hitching up right leg
2 & Step forward with right foot, slide right foot back hitching up left leg
3 & 4 & Repeat counts 1&2& of this section again
5 & 6 Shuffle forward on left-right-left
7 - 8 Step forward on right foot, pivot 1/2 turn left

FORWARD LOCK STEPS-HOLD / BACK LOCK STEPS / UNWIND 1/2 TURN

- 1 - 2 Step forward on right foot, lock left foot behind right heel
3 - 4 Step forward on right foot, hold position for 1 count
5 - 6 Swing left foot around in front of right stepping down on it, step back on right foot
7 - 8 Cross step left foot over in front of right, unwind 1/2 turn right

KICKS / TRIPLE 1/4 TURN / KICKS / COASTER STEP

- 1 - 2 Kick right foot forward, kick right heel to right side
3 & 4 Triple step on right-left-right making 1/4 turn left
5 - 6 Kick left foot forward twice
7 & 8 Step back on left foot, step right next to left. Step forward on left foot

1/4 TURN / SHUFFLE FORWARD / RUNNING MAN FORWARD

- 1 - 2 Step forward with right foot, pivot 1/4 turn left
3 & 4 Shuffle forward on right-left-right
5 & Step forward with left foot, slide left foot back hitching up right leg
6 & Step forward with right foot, slide right foot back hitching up left leg
7 & 8 & Repeat counts 5&6& of this section again

CHASSE LEFT / ROCK STEP / CHASSE RIGHT / BEHIND-UNWIND 1/2 TURN

- 1 & 2 Step left to left side, step right next to left, step left to left side
3 - 4 Step back on right foot, rock weight onto left
5 & 6 Step right to right side, step left next to right, step right to right side
7 - 8 Cross left foot behind right, unwind 1/2 turn left

REPEAT

/All running man steps, can be changed to a walk forward for those who do not wish to do them.