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**LEFT TRIPLE FORWARD, RIGHT TRIPLE, FORWARD, FORWARD, TURN, FORWARD, HOLD**

- 1&2 Left triple forward (left forward, right together, left forward)  
Right arm swings forward, left arm swings back  
3&4 Right triple forward (right forward left together, right forward)  
Left arm swings forward, right arm swings back  
5-6 Left step forward, turn ½ right with right step forward (6:00)  
7-8 Left step forward, hold

**RIGHT TRIPLE FORWARD, LEFT TRIPLE FORWARD, FORWARD, TURN, ACROSS, HOLD**

- 1&2 Right triple forward (right forward left together, right forward)  
Left arm swings forward, right arm swings back  
3&4 Left triple forward (left forward, right together, left forward)  
Right arm swings forward, left arm swings back  
5-6 Right step forward, execute ¼ turn left with left step side left (3:00)  
7-8 Right step across front of left, hold

**SIDE, TOGETHER, ACROSS (SCISSOR STEP), HOLD, HEEL, TOUCH, TOUCH, HOOK/TURN**

- 1-2 Left step side left, right step beside left  
3-4 Left step across front of right, hold  
5-6 Right heel forward, right toe touch back  
7-8 Right toe touch forward, right heel hook across front of left shin with ¼  
Turn right (6:00)

Counts 3,4,5,6,7: all facing diagonal right

**FORWARD, SWEEP, FORWARD, SWEEP, ROCK/FORWARD, AND RECOVER/BACK, TURN, HOLD**

- 1-2 Right step forward, left sweep (from back to front, drag toe on floor)  
3-4 Left step forward, right sweep (from back to front, drag toe on floor)  
5-6 Right rock forward, left recover/step back  
7-8 Execute ½ turn right with right step forward, hold (12:00)

Counts 1,2,3,4,5: all facing diagonal right

**TURN/SIDE, HOLD, TOGETHER, HOLD, TOUCH & TOUCH, HITCH, ACROSS**

- 1-2 Left step side left with ½ turn right (bend knees, 2nd foot position, hands Atop of thighs), hold  
(6:00)  
3-4 Right step beside left, hold  
5&6 Left toe/touch side left, left step beside right, right toe/touch side right  
7-8 Right knee hitch, right step across front of left

**SIDE, HOLD, TOGETHER, HOLD, TOUCH & TOUCH, HITCH, ACROSS**

- 1-2 Left step side left (bend knees, 2nd foot position, hands atop of thighs), Hold  
3-4 Right step beside left, hold  
5&6 Left toe/touch side left, left step beside right, right toe/touch side right  
7-8 Right knee hitch, right step across front of left

**TURN, SWEEP, BACK, SWEEP, LOCK, FORWARD, LOCK, FORWARD**

- 1-2 Turn ¼ right with left step back, right sweep (from front to back, drag toe On floor) (9:00)  
3-4 Right step back, left sweep (from front to back, drag toe on floor)  
5-6 Left lock/step forward (behind and to right side of right heel), right step Forward  
7-8 Left lock/step forward (behind and to right side of right heel), right step Forward

**WALK, WALK, FORWARD, TURN, PRESS, POSE, POSE, RELEASE**

- 1-2 Left, right steps forward  
3-4 Left step forward, turn ½ right with right step forward (3:00)  
5-6 Left touch/press forward with: left arm held straight behind, right arm bent  
And held across waist, fingers closed on both hands, bend forward, left knee  
Bent, head looks left  
7-8 Fingers on both hands spread, release pose and press (weight shift to right)

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