
KICK-BALL, CHANGE, MONTEREY TURN, ROCK FORWARD, ROCK BACK, HOP BACK
1 & 2 Kick right foot forward, step on right foot next to left foot step on left foot in place
3 - 4 Point and touch right toe out to right side, pivot 1/2 turn right on ball of left foot sliding right foot next to left foot and taking weight on right foot
5 - 6 Step and rock forward with left foot, rock weight home on right foot
& 7 - 8 Hop back and slightly out on left foot, hop back and slightly out on right foot, hold and clap

KICK-BALL, CHANGE, MONTEREY TURN, ROCK FORWARD, ROCK BACK, HOP BACK TWICE
1 & 2 Kick left foot forward, step on left foot next to right foot, step on right foot in place
3 - 4 Point and touch left toe out to left side, pivot 1/2 turn left on ball of right foot sliding left foot next to right foot and taking weight on left foot
5 - 6 Step and rock forward with right foot, rock weight home on left foot
& 7 & 8 Hop back and slightly out on right foot, hop back and slightly out on left foot, hop back on right foot, hop back on left foot

/For styling on &7&8, raise arms out to sides and shimmy shoulders with each hop

SYNCPATED KICK ACROSS, CROSS, POINT, TOUCH FORWARD, PIVOT 1/4 SAILOR SHUFFLE
1 & 2 Kick right foot across left shin, step on right foot next to left foot, kick left foot across right shin
3 - 4 Cross and step left foot over right foot, point and touch right foot out to right side
5 - 6 Touch right toe forward, pivot 1/4 wall left keeping weight on left foot
7 & 8 Cross and step behind left with right foot, step left with left foot, step right with right foot

CROSS, ROCK SIDE, ROCK HOME, CROSS BEHIND, SIDE SHUFFLE, FULL TRAVELING TURN
1 - 2 Cross and step left foot over right foot, step and rock on right foot out to the right
3 - 4 Rock weight home on left foot, cross and step right foot behind left foot
5 & 6 Step left on left foot, step together on right foot, step left on left foot
7 - 8 Begin a full traveling turn left by pivoting 1/2 turn left on left foot and stepping down on right foot, complete traveling turn by pivoting 1/2 turn left on right foot and stepping down on left foot

/Option: full turn may be omitted by substituting cross and step right foot over left for 7, step left on left foot for 8

REPEAT