

**LEFT HEEL ROCK STEPS/SIDE ROCKS, CROSS POLKA**

- 1 Touch left heel to left side  
& Rock back on left foot  
2 Step right foot across left foot  
3 Touch left heel to left side  
& Rock back on left foot  
4 Step right foot across left foot  
5 Rock left foot to left side  
6 Step right foot in place  
7 Cross polka step left foot over right  
& Step right foot next to left  
8 Step left foot across right foot (move to right)

**RIGHT HEEL ROCK STEPS/SIDE ROCKS, CROSS POLKA**

- 9 Touch right heel to right side  
& Rock back on right foot  
10 Step left foot across right foot  
11 Touch right heel to right side  
& Rock back on right foot  
12 Step left foot across right foot  
13 Rock right foot to right side  
14 Step left foot in place  
15 Cross polka step right foot over left  
& Step left foot next to right  
16 Step right foot across left foot (move to left)

**SYNCOPATED WAVES**

- 17 Step left foot to left  
18 Cross right foot behind left foot (stay on ball of right foot)  
& Step left foot to left  
19 Step right foot forward at 45 degree angle right  
20 Clap hands  
21 Step left foot to left  
22 Cross right foot behind left foot (stay on ball of right foot)  
& Step left foot to left  
23 Step right foot forward at 45 degree angle right  
24 Clap hands

**RUNNING GRAPEVINE, SIDE ROCK, POLKA 1/2 TURN RIGHT**

- & Step left ball of foot to left side  
25 Cross right foot in front of left  
& Step left ball of foot to left side  
26 Cross right foot behind left (moving left)  
& Step left ball of foot to left side  
27 Cross right foot in front of left  
& Step left ball of foot to left side  
28 Cross right foot behind left (moving left)  
29 Rock left to left side  
30 Step right in place  
31 & 32 Polka left, right, left, turning 1/2 turn to right

**TOUCH STEP, DRAG-STEP-ROCK**

- 33 Touch ball of right foot  
34 Step down on right foot  
35 Touch ball of left foot  
36 Step down on left foot  
& With weight on left foot, drag left foot back

37 Step right foot across left foot  
& Rock back on left foot  
38 Step right foot in place  
& With weight on right foot, drag right foot back  
39 Step left foot across right foot  
& Rock back on right foot  
40 Step left in place

**ROCK STEP, POLKA 3/4 TURN, SAILOR SHUFFLES**

41 Step forward on right foot  
42 Rock back on left foot  
43 & 44 Polka right, left, right turning 3/4 turn right  
45 Cross left foot behind right foot  
& Step right foot to right side  
46 Step left foot in place  
47 Cross right foot behind left foot  
& Step left foot to left side  
48 Step right foot in place

**REPEAT**