

/Standing with right diagonally forward,

- 1 Put weight on right toe
- 2 Drop right heel in place
- 3 Step left in place
- 4 Step right in place (diagonally forward)
- 5 & 6 Left shuffle back-back left, together right, back left
- 7 - 8 Rock step back with right, step in place with left
- 1 & 2 Right shuffle forward-forward right, together left, forward right
- 3 - 4 Step forward with left & turn 1/4 right, step in place with right
- 5 - 6 Step forward with left & turn 1/4 right, step in place with right
- 7 - 8 Step forward with left & turn 1/4 right, step in place with right
- 1 & 2 Left shuffle to left side - step side left, together right, step side left
- 3 - 4 Rock step diagonally back behind left with right foot, step in place with left
- 5 & 6 Right shuffle to right side - step side right, together left, step side right
- 7 - 8 Rock step diagonally back behind right with left foot, step in place with right
- 1 - 2 Stomp left next to right, stomp right in place
- 3 - 4 Push left knee in front of right lifting left heel, push right knee in front of left
- 5 & 6 Right kick ball change-kick right forward, step right next to left, step in place left
- 7 Place right heel forward with toes pointing left. Put weight on right heel, swivel toes from left to right, lifting left foot slightly off the floor.
- 8 Step in place with left foot

REPEAT