

STEP FORWARD, 1/2 TURN RIGHT, SWAY

1 - 4 Left step forward, pivoting on toes turn 1/2 right and place weight onto right foot, sway weight back onto left foot, sway weight forward onto right foot

5 - 8 Repeat

TRIPLE STEP LEFT, 1/4 TURN RIGHT

9 & 10 Left triple step to left side (left-right-left)

11 - 14 Rock back onto right as you turn 1/8 to the right, rock forward onto left, rock back onto right as you continue to turn 1/8 to the right, rock forward onto left. (You have now completed a 1/4 turn right.

TRIPLE STEP FORWARD, 1/2 TURN RIGHT

15 & 16 Right triple step forward (right-left-right)

17 - 20 Rock forward onto left as you turn 1/8 right, rock back onto right as you turn 1/8 to the right, rock forward onto left as you turn 1/8 to the right, rock back onto right as you turn 1/8 to the right

/You have now completed 1/2 turn right**TRIPLE STEP FORWARD, 1/2 TURN RIGHT**

21 & 22 Left triple step forward (left-right-left)

23 - 24 Right step forward, pivoting on toes turn 1/2 left

/Place weight on left**ROCK & BUMP**

25 - 26 Right step forward and slightly to right, rock back onto left

27 & 28 Rock forward onto right as you bump right hip forward, bump left hip back, bump right hip forward

/Rock steps are done more as a sway forward & back motion. Weight is on right**ROCK & BUMP**

29 - 30 Left step forward and slightly to left, rock back onto right

31 & 32 Rock forward onto left and bump left hip forward, bump right hip back, bump left hip forward

/Rock steps are done more as a sway forward & back motion. Weight is on left**ROCK FORWARD, 1/2 TURN RIGHT**

33 - 34 Rock forward onto right, rock back onto left

35 & 36 Turn 1/2 right as you right triple step forward (right-left-right)

/Weight is on right**1 1/4 TURN RIGHT, SWAY FORWARD & BACK**

37 - 44 Left step forward, pivoting on toes turn 1/2 right & place weight on right, left step forward, pivoting on toes turn 1/4 to the right & place weight on right, left step forward, pivoting on toes turn 1/2 to the right & place weight on right, sway back onto left, sway forward onto right.

TRIPLE STEP FORWARD & BACK, 1/2 TURN LEFT**/If doing a contra dance you would cross over and change lines on these triple steps**

45 & 46 Left triple step forward (left-right-left) turning 1/2 left

47 & 48 Right triple step back (right-left-right)

ROCK, PAUSE, STEP IN PLACE FULL TURN LEFT

49 - 52 Rock back onto left, pause, rock forward onto right, pause.

53 - 56 Turn 1/4 left and place left down, turn 1/4 left and place right down, turn 1/4 left and place left down, turn 1/4 left and place right down.

/You have now completed a full turn left**REPEAT**