

Walking Steps Forward, Knee Rolls

- 1 - 4 Walk Forward With A Bounce In Each Step, Right, Left, Right, Step Left Beside Right
5 - 6 Lift Right Heel And Roll Knee In A 1/2 Circle Anticlockwise, Hold
7 - 8 Step Down Right, Lift Left Heel And Roll Knee In A 1/2 Circle Clockwise, Hold

1/4 Turn Left, Walking Steps Forward, Knee Rolls

- 9 - 12 Step 1/4 Turn Left On Left, Walk Forward With A Bounce In Each Step, Right, Left, Step Right Beside Left
13 - 14 Lift Left Heel And Roll Knee In A 1/2 Circle Clockwise, Hold
15 - 16 Step Down, Lift Right Heel And Roll Knee In A 1/2 Circle Anticlockwise, Hold

Side Touches With Diagonal Slide Steps Back (herring Bone Pattern)

- 17 - 18 Touch Right Toe To Side, Slide Right Back Diagonally And Step Behind Left
19 - 20 Touch Left Toe To Side, Slide Left Back Diagonally And Step Behind Right
21 - 22 Touch Right Toe To Side, Slide Right Back Diagonally And Step Behind Left
23 - 24 Touch Left Toe To Side, Slide Left Back Diagonally And Step Behind Right

Pendulum Rocks Forward, Heel Taps

- 25 - 28 Rock Forward Right, Rock Left In Place, Rock Back Right, Rock Left In Place
29 - 32 Touch Right Toe Diagonally Forward (to Right), Tap Right Heel Three Times

Diagonal Rocks, Kick, Weave

- 33 - 36 Diagonally Right - Rock Left Across Right, Rock Right In Place, Kick Left, Adjusting To Front, Side Step Left
37 - 40 Step Right Across Left, Side Step Left, Step Rightbehind Left, Side Step Left
41 - 44 Diagonally Left - Rock Right Across Left, Rock Left In Place, Kick Right, Adjusting To Front, Side Step Right
45 - 48 Step Left Across Right, Side Step Right, Step Left Behind Right, Side Step Right

Twisting Toe Struts To Right, Toe Struts

- 49 - 52 Twist 1/4 Turn Right On Ball Of Left, Lower Left Heel, Touch Right Toe Forward, Lower Right Heel
53 - 56 Twist 1/4 Turn Right On Ball Of Left, Lower Left Heel, Touch Right Toe Forward, Lower Right Heel

Syncopated Jump Forward, Clap, Knee Roll, Rolling Vine Left

- & 57 - 58 Jump Forward, Left Right (shoulder Width Apart) Clap
59 - 60 Lift Left Heel And Roll Knee In A 1/2 Circle Clockwise, Hold
61 - 64 Full Turn Left Stepping Left, Right, Left, Touch Right Beside Left

Begin Again