

SHUFFLE, SHUFFLE, ROCK STEP, TOE, HEEL

- 1 & 2 - 3 & 4 Shuffle side right, shuffle side left
5 - 6 Rock step right foot behind left, step left foot in place
7 - 8 Point right toe forward at slight angle toward right, drop right heel down (take weight)

SHUFFLE, SHUFFLE, ROCK STEP, TOE, HEEL

- 1 - 8 Repeat as above leading with left foot

SAILOR SHUFFLE, SAILOR SHUFFLE, POINT, HOLD, POINT, HOLD

- 1 & 2 Cross right foot behind left, step left foot to left, step right foot in place
3 & 4 Cross left foot behind right, step right foot to right, step left foot in place
5 - 6 Point right toes to right side, hold
& 7 - 8 Quickly bring right foot next to left, point toes to left side, hold

SAILOR SHUFFLE, SAILOR SHUFFLE, POINT, HOLD, POINT, HOLD

- 1 - 8 Repeat as above leading with left foot

ACROSS, SIDE, ACROSS, VINE, 1/4 TURN RIGHT, 1/2 TURN RIGHT

- 1 - 4 Point right toes in front of left foot, point right toes to right, point right toes in front of left foot, step right foot to right
5 - 6 Cross left foot behind right, step forward on right foot while turning 1/4 to right
7 - 8 Step forward on left foot, turn 1/2 to right, step right foot in place

LOCKING TRIPLE STEPS TRAVELING FORWARD, KNEE ROLLS

- 1 & 2 Step forward on left foot at slight angle to left, slide right foot behind left (slightly to left side of heel), step left foot forward
3 & 4 Step forward on right foot at slight angle to right, slide left foot behind right (slightly to right side of heel), step right foot forward
5 - 6 Point left toe forward rolling left knee in, roll left knee out
7 - 8 Roll left knee in, roll left knee out and step on left foot

REPEAT
