

**ROCK STEPS**

- 1 Right foot step in front of left foot with bend of knee lean forward slightly, (point right foot to 10 o'clock lift left foot slightly)
- 2 Step left foot back in place
- 3 Right foot step behind left foot with bend of right knee upright body position, (point right foot to 2 o'clock lift left foot slightly)
- 4 Left foot back in place
- 5 - 8 Repeat steps 1-4

**PIVOT TURNS**

- 9 Right foot step forward
- 10 1/2 turn to left
- 11 Right foot step forward
- 12 1/2 turn to left
- 13 Right foot step forward
- 14 1/4 turn to left

**SLIDE, STOMP, CLAP**

- 15 Slide left foot to right foot
- 16 Stomp right foot and clap

**LONG STEP, SHIMMY, CLAP**

- 17 - 18 Long step right foot to side with bent knees
- 19 - 20 Slide left foot to join right foot with shimmy, clap
- 21 - 22 Long step left foot to side with bent knees
- 23 - 24 Slide right foot to join left foot with a shimmy, clap
- 25 - 26 Long step left foot to side with bent knees
- 27 - 28 Slide right foot to join left foot with a shimmy, clap

**REPEAT**

**/1) Counts 5-8 are omitted by some dancers.**

**/2) Shimmies may be replaced by pelvic thrusts (especially by men).**