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- 1 - 4 Touch right toe forward, drop right heel, touch left toe forward, drop left heel
5 - 6 Tap right toe behind left heel twice
& 7 Step back slightly on right, step back slightly on left
8 Step forward right
1 - 8 Repeat last 8 counts on opposite foot
1 - 4 Rock forward on right, rock back on left, step back on right, turn 1/4 turn right (transferring weight to left foot)
5 - 6 Touch right heel forward, hold
& 7 Step back slightly on right, step back slightly on left
8 Step forward right
1 - 4 Cross/step left over right, hold, step right to right side, step left behind right
& 5 Step right to right, cross/step left over right
6 Jump right to right lifting left foot off ground and slightly to left
7 Swing left foot around and behind right
8 Step left behind right
1 - 8 Step right to right, step left next to right, push right knee forward, hold, push left knee forward, hold, push right knee forward, hold
1 - 4 Rock forward right, rock back left, rock back right, rock forward left
5 - 8 Step forward right & pivot 1/2 turn left for 3 beats ending with weight on right (slow step/turn)
1 - 4 Step back left, step right next to left, step forward left, scuff right forward
5 - 6 Cross right over left, step back left
& 7 Step back slightly on right, step back slightly on left
8 Step forward right
1 - 4 Touch left heel forward, step left next to right, touch right heel forward, cross right over left
5 - 8 Pivot on balls of both feet full turn for 4 beats ending with weight on left

REPEAT