

**LEFT & RIGHT SIDE BREAKS**

- 1 Step left foot to the left
- 2 Step right foot in place
- 3 Step left foot next to right foot
- 4 Hold
- 5 Step right foot to the right
- 6 Step left foot in place
- 7 Step right foot next to left foot
- 8 Hold

**LEFT SIDE BREAK WITH 1/4 TURN / RIGHT SIDE BREAK WITH CROSS-STEP**

- 1 Step left foot to the left
- 2 Step right foot in place into 1/4 turn to the right
- 3 Step left foot next to right foot
- 4 Hold
- 5 Step right foot to the right
- 6 Step left foot in place
- 7 Cross right foot in front of left foot
- 8 Hold

**LEFT BACK WITH 1/4 TURN / RIGHT KICK-BALL-CHANGE**

- 1 Step left foot back
- 2 Step right foot forward into 1/4 turn to the right
- 3 Step left foot next to right foot
- 4 Hold
- 5 Kick right foot forward
- & Step right foot next to left
- 6 Step left foot in place
- 7 Stomp right foot next to left foot
- 8 Hold

**LEFT & RIGHT SIDE PATTERN**

- 1 Step left foot to the left
- 2 Slide right foot next to left foot
- 3 Step left foot to the left
- 4 Hold
- 5 Step right foot to the right
- 6 Slide left foot next to right foot
- 7 Step right foot to the right
- 8 Hold

**LEFT CROSS-STEP WITH 1/4 TURN TO THE LEFT**

- 1 Cross left foot in front of right foot
- 2 Step right foot back
- 3 Step left foot forward into 1/4 turn to the left
- 4 Hold

**RIGHT KICK-BALL-CHANGE / 1/4 TURN LEFT**

- 5 Kick right foot forward
- & Step right foot next to left
- 6 Step left foot in place
- 7 Step right foot forward into 1/4 turn to the left
- 8 Hold

**LEFT CROSS-STEP / RIGHT STEP BACK**

- 1 Cross left foot in front of right foot
- 2 Step right foot back

- 3 Step left foot back (still across right foot)
- 4 Step right foot back

**ROCK STEPS WITH 1/4 TURN LEFT**

- 5 Rock forward on left foot
- 6 Rock backward on right foot
- 7 Rock forward on left foot
- 8 Step right foot forward into 1/4 turn to the left

**REPEAT**

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