

#### PENDULUM SWINGS

- 1 & Point right toe to the right side, step right foot home beside left  
2 & Point left toe to the left side, step left foot home beside right  
3 & Point right toe to the right side, step right foot home beside left  
4 Point left toe to the left side

#### CROSS OVER, UNWIND, SHUFFLE

- 5 - 6 Cross left foot over right, unwind 1/2 to the right (weight on left)  
7 & 8 Shuffle forward right-left-right

#### ROCK STEP, SCISSOR SPLIT, ROCK STEP

- 9 & Rock forward left, rock back home on right  
10 Step back on left while touching right heel forward  
& 11 Step back home on right, rock forward left  
& 12 Step back home on right, step left foot home beside right

#### HEEL AND BODY TWISTS

- 13 - 14 With weight on balls of both feet, twist heels right (body left), twist heels left (body right)  
15 & 16 Twist heels right (body left), twist heels left (body right), twist 1/4 turn left with body (heels will twist right again) ending with weight on left foot

#### ROCKING BODY SWAYS

- 17 - 18 Rock right foot to right side while swaying body to right side, rock left and sway body to left side  
19 - 20 Rock right and sway body to right side, rock left and sway body to left side

#### ROCK STEP, COASTER STEP

- 21 - 22 Rock forward right, rock back home on left  
23 & 24 Step back right, step left together with right, step forward with right

#### HERRINGBONE VINES

- 25 & Step left foot to left side, cross right behind left  
26 & Step left foot to left side, cross right behind left  
27 - 28 Step left foot to left side, touch right heel forward  
29 & Step right foot to right side, cross left behind right  
30 & Step right foot to right side, cross left behind right  
31 - 32 Step right foot to right side, touch left heel forward  
& Step left home beside right

#### REPEAT