

**HEELS OUT AND BACK**

- 1 Point left heel forward (toe up)
- 2 Return left beside right foot
- 3 Point right heel forward
- 4 Return right beside left foot

**MOVEMENT TO LEFT**

- 1 Point left heel forward
- 2 Step on left to left side
- 3 Cross right foot behind left
- 4 Step on left to left side

**MOVEMENT TO RIGHT**

- 1 Point right heel forward
- 2 Step on right to right side
- 3 Cross left foot behind right
- 4 Step on right to right side

**OUTSIDE TURN**

- 1 Make 1/2 turn to right on right foot, hopping on right foot & facing outside circle
- 2 Step on left to left side
- 3 Cross right foot behind left
- 4 Step on left to left side

**INSIDE TURN WITH ROCK**

- 1 Make 1/2 turn to left to face center of circle, swinging right leg around
- 2 Step forward on right foot
- 3 Leave left foot in place & transfer weight back to left
- 4 Leave right foot in place (forward) and transfer weight back to right

**REPEAT****COUPLES**

**/The couples version starts in the open position. The steps are the same for both. The rock steps are used during the turns for positioning.**

**/TURN 1: On the right hop the man moves behind the woman. On the left hop the man drops the left hand and moves the right hand over the woman's head. Rejoin hands when the man is in front of woman.**

**/TURN 2: On the right hop the man moves to the woman's left. On the left hop the man and woman make a 1/2 turn. Man is now on the woman's right.**

**/TURN 3: On the right hop the man moves in front of the woman. On the left hop the man drops the right hand while moving the left hand over the woman's head. Rejoin hands, man is now behind woman.**

**/TURN 4: On the right hop the man moves to the woman's right. On the left hop both make a 1/2 turn. The man is now on the woman's left in the original position.**