

Slow Hip Figure Eight & Hip Walks Forward.

Start Position Start Feet Slightly Apart With Right Slightly Forward.

- 1 - 2 Circle Right Hip Clockwise. Circle Left Hip Anti-clockwise.
- 3 - 4 Circle Right Hip Clockwise. Circle Left Hip Anti-clockwise.
- 5 Step Diagonally Forward Right Pushing Hips Forward.
- & 6 Push Hips Back. Push Hips Forward Taking Weight On Right.
- 7 Step Diagonally Forward Left Pushing Hips Forward.
- & 8 Push Hips Back. Push Hips Forward Taking Weight On Left.

4 X Crossing Triple Steps.

- 9 Cross Right Over Left Taking Weight.
- & 10 Step Left To Left Side. Step Right Beside Left.
- 11 Cross Left Over Right Taking Weight.
- & 12 Step Right To Right Side. Step Left Beside.
- 13 - 16 Repeat Steps 9 - 12

Cross, rock, 1/2 Turn Right, Step Left & Drag Right To Left.

- 17 Cross Rock Right Over Left Bending Right Knee Slightly.
- & Rock Weight Back To Left And Straighten Legs.
- 18 Right Steps To Right Side.
- & On Ball Of Right Pivot 1/2 Turn Right.
- 19 Step Left Big Step To Left Side.
- & 20 Drag Right Foot To Left Foot. Touch Right Beside Left.

Three Step Full Turn Right & Left Cross Lunge.

- 21 Step Right 1/4 Turn Right.
- & On Ball Of Right Pivot 1/4 Turn Right Stepping Left To Left Side.
- 22 On Ball Of Left Pivot 1/2 Turn Right Stepping Right To Right Side.
- 23 Cross Rock Left Over Right Bending Left Knee.
- 24 Rock Weight Back Onto Right And Straighten Legs.

Three Step Full Turn Left & Right Cross Lunge.

- 25 Step Left 1/4 Turn Left.
- & On Ball Of Left Pivot 1/4 Turn Left Stepping Right To Right Side.
- 26 On Ball Of Right Pivot 1/2 Turn Left Stepping Left To Left Side.
- 27 Cross Rock Right Over Left Bending Right Knee.
- 28 Rock Weight Back Onto Left And Straighten Legs.

Side Drag Right, Side Drag Left.

- 29 Step Right Big Step To Right Side.
- & 30 Drag Left Foot To Right Foot. Touch Left Beside Right.
- 31 Step Left Big Step To Left Side.
- & 32 Drag Right Foot To Left Foot. Touch Right Beside Left.