

ROCK STEP & KNEE POPS

- 1 (Q) Step left toe to left side with weight on toe
& (Q) Rock back onto right foot with left toe still pointed
2 (S) Bring left toe home with weight on left toe bending left knee bringing left heel off ground (toe tap)
3 (S) Bend right knee and bring heel off ground putting weight on right toe
4 (Q) Step right toe to right side with weight on toe
& (Q) Rock back onto left foot with right toe still pointed
5 (S) Bring right toe home with weight on right toe bending right knee bringing right heel off ground (toe tap)
6 (S) Bend left knee and bring heel off ground putting weight on left toe

FORWARD & BACK BASIC 2-STEP

- 7 (Q) Step left foot forward
& (Q) Step right foot forward
8 (S) Step left foot forward
9 (S) Step right foot forward
10 (Q) Step left foot back
& (Q) Step right foot back
11 (S) Step left foot back
12 (S) Step right foot back

LEFT SIDE TOGETHER-RIGHT CROSSOVER

- 13 (Q) Step left foot to left
& (Q) Step right foot next to left
14 (S) Step left foot to left
15 (S) Step right foot next to left
16 (Q) Cross left foot over right (weight is now on left foot)
& (Q) Step right foot to right side
17 (S) Step left foot next to right
18 (S) Step right foot in place

FORWARD BASIC 2-STEP-1/2 TURN

- 19 (Q) Step left foot forward
& (Q) Step right foot forward
20 (S) Step left foot forward
21 (S) Rock back on right foot
22 (Q) Step left foot forward making 1/4 turn right
& (Q) Step right foot in place making 1/4 turn right

/You are now facing new wall & have made 1/2 turn

- 23 (S) Step left foot in place
24 (S) Step forward & rock onto right foot

BACKWARD BASIC 2-STEP

- 25 (Q) Step left foot back
& (Q) Step right foot back
26 (S) Step left foot back
27 (S) Bring right foot next to left

LEFT SIDE TOGETHER-STEP, SLIDE

- 28 (Q) Step left foot to left
& (Q) Step right foot next to left
29 (S) Step left foot to left
30 (S) Tap right next to left
31 (S) With right foot take a large step to right
32 (S) Slide left foot next to right (bring left toe next to right while the weight stays on your right foot)

REPEAT