

ROCK FORWARD, BACK, SHUFFLE, ROCK BACK, FORWARD, 1/2 TURN & SHUFFLE

- 1 - 2 Step forward onto left foot, rock back onto right foot
3 & 4 Shuffle back left-right-left
5 - 6 Step back on right foot, rock forward onto left foot
7 & 8 Turning 1/2 turn to left shuffle back right-left-right

ROCK BACK, FORWARD & SHUFFLE

- 1 - 2 Step back onto left foot, rock forward onto right foot
3 & 4 Shuffle forward left-right-left

SIDE ROCK & SAILOR SHUFFLE

- 1 - 2 Step right foot to right side, replace weight to left foot
3 & 4 Step back onto right foot, step left foot slightly left, replace weight to right foot

SAILOR SHUFFLE X 3, ROCK BACK, FORWARD

- 1 & 2 Step back on left foot, step right foot slightly right, replace weight to left foot
3 & 4 Step back on right foot, step left foot slightly left, replace weight to right foot
5 & 6 Step back on left foot, step right foot slightly right, replace weight to left foot
7 - 8 Step back on right foot, rock forward onto left foot

SHUFFLE RIGHT, ROCK BACK, FORWARD, SHUFFLE LEFT, FULL TURN

- 1 & 2 Shuffle to right stepping right-left-right
3 - 4 Step back on left foot, rock forward onto right
5 & 6 Shuffle to left stepping left-right-left
7 - 8 Turning a full turn left step right-left

HEEL & SIDE & SIDE & HEEL & HEEL & SIDE & SIDE & HEEL &

- 1 & 2 Touch right heel forward, bring right beside left & touch left toe to left side
& 3 Bring left beside right & touch right toe to right side
& 4 Bring right foot beside left & touch left heel forward
& 5 Bring left foot beside right & touch right heel forward
& 6 Bring right foot beside left & touch left toe to left side
& 7 Bring left foot beside right & touch right toe to right side
& 8 Bring right foot beside left & touch left heel forward
& Bring left foot beside right

STEP, FORWARD, BACK, 1/2 TURN, SHUFFLE, STEP FORWARD

- 1 - 2 Step forward onto right foot, step forward onto left foot
3 - 4 Rock back onto right foot, turning 1/2 turn left on left foot
5 & 6 Shuffle forward right-left-right
7 Step forward onto left foot

STEP BACK, SHUFFLE, SHUFFLE, 1/2 TURN, ROCK BACK, FORWARD, 1/4 TURN

- 1 Step back on right foot
2 & 3 Shuffle back left-right-left
4 & 5 Shuffle back right-left-right
6 - 7 Step back on left & pivot 1/2 turn left replacing weight on right foot
8 - 9 Step back on left foot, rock forward onto right

REPEAT

/When starting the dance again, rock forward on to the left foot, turning 1/4 turn to the right for new direction. 4 walls turning 1/4 turn right each time