

LEFT FORWARD, BACK, COASTER STEP

- 1 Step forward with left foot, push left hip forward
2 Rock back onto right foot
3 Step back with left foot
& Step together with right foot next to left foot
4 Step forward with left foot

RIGHT FORWARD, BACK, COASTER STEP

- 5 Step forward with right foot, push right hip forward
6 Rock back onto left foot
7 Step back with right foot
& Step together with left foot next to right foot
8 Step forward with right foot

ROCK LEFT, RIGHT, TRIPLE STEP

- 9 Step to left side with left foot, push hips left
10 Rock weight onto right foot
11 Place left foot next to right foot
& Step in place with right foot
12 Step in place with left foot

ROCK RIGHT, LEFT, TRIPLE STEP

- 13 Step to right side with right foot, push hips right
14 Rock weight onto left foot
15 Place right foot next to left foot
& Step in place with left foot
16 Step in place with right foot

/Option: Full turn right in place on steps 11&12. Full turn left in place on steps 15&16

LEFT BACK, FORWARD, TRIPLE STEP

- 17 Step back with left foot
18 Rock forward onto right foot
19 Step together with left foot next to right foot
& Step in place with right foot
20 Step in place with left foot

RIGHT BACK, FORWARD, RIGHT SIDE, LEFT SIDE

- 21 Step back with right foot
22 Rock forward onto left foot
23 Step to right side with right foot, push hips right
24 Step to left side with left foot, push hips left

RIGHT SIDE, 1/4 TURN, LEFT TRIPLE STEP TURN

- 25 Step to right side with right foot, push hips right
26 Pivot 1/4 turn left placing weight on left foot
27 Begin full left turn in place with right foot
& Continue full left turn with left foot
28 Complete full left turn with right foot

REPEAT