

Touch, Step Down, Step Down, Step Down, Step Forward, Together, Heel Splits

- 1 Touch Right Toe Slightly Forward With Right Heel Raised
- 2 Step Down On Right Raising Left Heel Off The Floor
- 3 Step Down On Left Raising Right Heel Off The Floor
- 4 Step Down On Right Raising Left Heel Off The Floor
- 5 - 6 Large Step Forward On Left, Step Right Next To Left
- 7 - 8 Split Both Heels Apart, Then Together (heel Splits)
- 9 - 16 Repeat Above 1-8

Stomp Right Fwd, 1/4 Turn Left Bouncing Right Heel 3 Times, Touch Left, Hook, Touch Left, Ball Cross

- 1 Stomp Right Foot Slightly Forward With Weight Forward On Right Toes
- 2 - 4 While Turning 1/4 Left Lift & Bounce Right Heel 3 Times Taking Weight On Right On 3rd Bounce (9:00)
- 5 - 7 Touch Left Heel Fwd At 45 Degrees Left, Hook Left Heel Up To Right Knee, Touch Left Fwd At 45 Degrees Left
- & 8 Ball Cross: Step Back Onto Ball Of Left Foot, Step Right Across In Front Of Left

Touch Left, Hook, Touch Left, Ball Cross, Side Shuffle To Left, Cross Unwind Full Turn Left

- 1 - 3 Touch Left Fwd At 45 Degrees Left, Hook Left Heel Up To Right Knee, Touch Left At 45 Degrees Left
- & 4 Ball Cross: Step Back Onto Ball Of Left Foot, Step Right Across In Front Of Left
- 5 & 6 Side Shuffle To The Left: (left, Right, Left)
- 7 - 8 Cross Right Infront Of Left, Unwind A Full Turn To The Left Taking Weight On Left (9:00)

Side Shuffle To Right, 1/2 Turn Left, Rock Onto Right, Side Shuffle To Left, Step Back, Rock Forward

- 1 & 2 Side Shuffle To The Right: (right, Left, Right)
- 3 - 4 Turn 1/2 Left (back Over Left Shoulder) Stepping Onto Left Foot, Rock Weight Onto Right Foot (3:00)
- 5 & 6 Side Shuffle To The Left: (left, Right, Left)
- 7 - 8 Step Slightly Back Onto Right, Rock Forward Onto Left
- 9 - 16 Repeat Above 1-8 (now Facing 9:00)

Dwight Swivels Travelling To Right Side, Side Shuffle To Right, Step Back, Rock Forward

- 1 Touch Right Toe To Side & Swivel Left Heel To Right
- 2 Touch Right Heel To Side & Swivel Left Toe To Right
- 3 Touch Right Toe To Side & Swivel Left Heel To Right
- 4 Touch Right Heel To Side & Swivel Left Toe To Right
- 5 & 6 Side Shuffle To Right: (right, Left, Right)
- 7 - 8 Step Slightly Back Onto Left, Rock Forward Onto Right

Twist Heels Left Then Centre, Heel Splits, Twist Heels Left Then Centre, Heel Splits

- 1 - 2 As You Step Left Together Twist Both Heels To Left, Twist Both Heels To Centre
- 3 - 4 Split Both Heels Apart, Then Together (heel Splits)
- 5 - 6 Twist Both Heels Left, Twist Both Heels To Centre
- 7 - 8 Split Both Heels Apart, Then Together (heel Splits)