

ROCKS & TRIPLE STEPS

/Styling: When rocking forward and back, you can bring your arms into the movement with a slight (or exaggerated) see-saw motion. Push left arm forward and pull right arm back on counts 1 and 5, return arms to neutral position on counts 2 and 6

LEAD:

- 1 - 2 Rock/step forward on left, rock back onto right
- 3 & 4 Triple step left, right, left
- 5 - 6 Rock/step back on right, rock forward onto left
- 7 & 8 Triple step right, left, right

FOLLOW:

- 1 - 2 Rock/step back on right, rock forward onto left
- 3 & 4 Triple step right, left, right
- 5 - 6 Rock/step forward on left, rock back onto right
- 7 & 8 Triple step left, right, left

KICK BALL-CROSS (AFTER 1/4 TURN), COASTER STEP, SCUFF STEPS**LEAD:**

- 9 Turn 1/4 left (face LOD) and kick left forward
- & Step down on ball of left
- 10 Cross/step right over left
- 11 Rock back onto left (crossed behind right)
- & 12 Step right together, step left forward
- 13 - 14 Scuff right forward, step down on right
- 15 - 16 Scuff left forward, step down on left

FOLLOW:

- 9 Turn 1/4 right (face LOD) and kick right forward
- & Step down on ball of right
- 10 Cross/step left over right
- 11 Rock back onto right (crossed behind left)
- & 12 Step left together, step right forward
- 13 - 14 Scuff left forward, step down on left
- 15 - 16 Scuff right forward, step down on right

CROSSOVERS

/Start this section with leader on inside rail, follower on outside rail, both facing LOD holding inside hands. Start crossover with inside foot. Leader crosses in front (LOD) first, then follower crosses in front.

LEAD:

- 17 Crossing in front of follower to the outside rail, step right forward at about 45 degrees right lifting right arm
- 18 Step left forward at about 45 degrees left
- 19 & 20 Triple step right, left, right turning left to face follow
- 21 Moving behind follower and crossing to the inside rail, step left forward, lifting right arm
- 22 Step right forward in same direction
- 23 & 24 Triple step left, right, left turning right to face LOD

FOLLOW:

- 17 Moving behind lead and crossing to the inside rail, step left forward
- 18 Step right forward
- 19 & 20 Triple step left, right, left turning right to face lead
- 21 Crossing in front of leader to the outside rail, step right forward going under lead's right arm

22 Step left forward in same direction
23 & 24 Triple step right, left, right turning left to face LOD

FULL TURN FREE SPIN, SHUFFLE FORWARD, SHUFFLE SIDEWAYS, CROSS, POINT

/When doing the triple step at the end of the previous section (crossovers), both lead and follow should extend their joined hands slightly back (towards RLOD) to "wind up" for the free spin starting this section. Start free spin with inside foot.

LEAD:

25 - 26 Release hands, step right, left turning a full turn left
27 & 28 Retake inside hands, step right forward, step left together, step right forward

/To make the dance progressive ('mixer'), on counts 27&28 lead should shuffle forward to the next follow in LOD (follows shuffle only slightly forward so leads can catch up) and immediately pick up both the follow's hands to go into the sideways shuffle.

29 & 30 Turn 1/4 right to face follow (take both hands) and shuffle sideways left, right, left toward LOD (to your left)
31 Cross/step right over left
32 Touch (point) left toe to left (down LOD)

FOLLOW:

25 - 26 Release hands, step left, right turning a full turn right
27 & 28 Retake inside hands, step left forward, step right together, step left forward
29 & 30 Turn 1/4 left to face lead (take both hands) and shuffle sideways right, left, right toward LOD (to your right)
31 Cross/step left over right
32 Touch (point) right toe to right (down LOD)

REPEAT