

BREAK FORWARD & BACK

- 1 - 3 Step forward left, right, left
4 - 6 Step back right, left, right

CROSS, 2, 3, CROSS, 2, 3

- 7 - 9 Cross left foot over right (turning body slightly to right), step right foot to right side while you pivot slightly to left, step in place with left foot
10 - 12 Cross right foot over left (turning body slightly to left), step left foot to left side while you pivot slightly to right, step in place with right foot
13 - 18 Repeat counts 7-12

SPIRALS, BURST, BASIC

- 19 - 21 Step straight forward on left foot, step to side with right & pivot slightly to left (heels move right), step forward slightly with left foot
22 - 24 Step forward on right foot, step to side with left & pivot slightly to right (heels move left), step forward slightly with right foot.
25 - 27 **MAN:** (moving on 45 degree diagonal forward and to right) Step forward on left, right, left raising ladies fully extended arms up over her head

LADY: Step forward on left foot as you start turn to the left, continue turning on right, then left as you complete full turn

- 28 - 30 **BOTH:** Step forward on right, left, right (basic waltz pattern)

SPIRALS, BURST, BASIC

- 31 - 42 Repeat steps 19-30

MAN'S BASIC WALTZ FORWARD WHILE LADY COMPLETES 2 TURNS TO THE RIGHT

- 43 - 48 Man performs basic waltz pattern forward left, right, left, then right, left, right holding ladies right hand over her head as she moves through 2 underarm (outside) turns to the right

REPEAT