

**RIGHT TOE, HEEL, SAILOR SHUFFLE**

- 1 - 2 Touch right toe in place, touch right heel in place  
3 & 4 Right sailor shuffle (cross right behind left, step left to side, step right next to left)

**LEFT TOE, HEEL, SAILOR SHUFFLE**

- 5 - 6 Touch left toe in place, touch left heel in place  
7 & 8 Left sailor shuffle (cross left behind right, step right to side, step left next to right)

**SHUFFLE FORWARDS, STEP, SLIDE**

- 1 & 2 Shuffle forwards on right (right-left-right)  
3 Step left forwards(turn body to look over right shoulder)  
4 Slide right up to left (return body to face front)

**SHUFFLE FORWARDS, STEP, 1/2 TURN**

- 5 & 6 Shuffle forwards on right (right-left-right)  
7 - 8 Step left forwards, 1/2 pivot right

**LEFT TOE, HEEL, SAILOR SHUFFLE**

- 1 - 2 Touch left toe in place, touch left heel in place  
3 & 4 Left sailor shuffle (cross left behind right, step right to side, step left next to right)

**RIGHT TOE, HEEL, SAILOR SHUFFLE**

- 5 - 6 Touch right toe in place, touch right heel in place  
7 & 8 Right sailor shuffle (cross right behind left, step left to side, step right next to left)

**SHUFFLE FORWARDS, STEP, SLIDE**

- 1 & 2 Shuffle forwards on left (left-right-left)  
3 Step right forwards(turn body to look over left shoulder)  
4 Slide left up to right (return body to face front)

**SHUFFLE FORWARDS, STEP, 1/4 TURN**

- 5 & 6 Shuffle forwards on left (left-right-left)  
7 - 8 Step right forwards, 1/4 pivot left

**ZIG-ZAG SHUFFLES, STEP, 1/2 TURN**

- 1 & 2 Shuffle forwards to right diagonal (right-left-right)  
3 & 4 Shuffle forwards to left diagonal (left-right-left)  
5 & 6 Shuffle forwards to right diagonal (right-left-right)  
7 - 8 Step left forwards, 1/2 pivot right

**ZIG-ZAG SHUFFLES, STEP, 1/2 TURN**

- 1 & 2 Shuffle forwards to left diagonal (left-right-left)  
3 & 4 Shuffle forwards to right diagonal (right-left-right)  
5 & 6 Shuffle forwards to left diagonal (left-right-left)  
7 - 8 Step right forwards, 1/2 pivot left

**STEP, HOLD, TURN, HOLD, HEEL, HEEL, SLOW TURN**

- 1 - 2 Step right forwards, hold  
3 - 4 1/2 pivot left, hold  
5 Pivot 1/4 turn right (on balls of feet)  
& Tap both heels once  
6 Pivot 1/4 turn right (on balls of feet)  
& Tap both heels once  
7 - 8 Slowly/smoothly pivot 1/2 to left while rolling body up to vertical position. (end with weight on left foot)

**REPEAT**