

1 HEEL STRUTS

- 1 - 2 Step forward on right heel, drop toe to floor
3 - 4 Step forward on left heel, drop toe to floor
5 - 6 Step forward on right heel, drop toe to floor
7 - 8 Step forward on left heel, drop toe to floor

2 GRAPEVINE, TOUCH, GRAPEVINE ¼ TOUCH

- 1 - 2 Step right to right side, step left foot behind right
3 - 4 Step right foot to side, touch left foot next to right
5 - 6 Step left foot to left side, cross right foot behind left
7 - 8 Turn ¼ left stepping forward on left foot, touch right foot next to left (9 o'clock)

3 SIDE TOUCHES WITH ¼ TURN, STEP OUT, OUT

- 1 - 2 Step right foot to side, touch left foot next to right
3 - 4 Step left foot to side, making 1/8 turn left, touch right next to left
5 - 6 Step right foot to side, making 1/8 turn left, touch left foot next to right
7 - 8 Step left foot to left side, step right foot to right side (6 o'clock)

Optional arms:

Count 1-6- As you step right, sway arms to right, as you step to left sway arms to left

4 Count 1-6- As you step right, sway arms to right, as you step to left sway arms to left

- 1 - 2 Push left shoulder towards right diagonal and repeat
3 - 4 Bring left shoulder back, push right forward, bring right shoulder back, push left forwards
5 - 6 Push right shoulder towards left diagonal and repeat
7 - 8 Bring right shoulder back, push left forward, bring left shoulder back, push right forwards

NOTE: This dance can be done as a line dance or contra line dance. Dancers pass over the right shoulder on the heel struts at the beginning, and have fun doing the shoulder moves facing each other.