

HEEL SHIFTS (KEEPING FEET TOGETHER)

- 1 Shift heels to left
- 2 Return heels to center
- 3 Shift heels to left
- 4 Return heels to center
- 5 Shift heels to right
- 6 Return heels to center
- 7 Shift heels to right
- 8 Return heels to center

LEFT HEEL MOVEMENTS & STOMP

- 1 Tap left heel directly forward
- 2 Tap left heel across in front of right foot
- 3 Tap left heel directly forward again
- 4 Scoot forward slightly, bringing left leg up
- 5 Step forward on left foot
- 6 Stomp right foot beside left (no weight)

RIGHT HEEL MOVEMENTS

- 1 Tap right heel forward
- 2 Tap right heel across in front of left foot
- 3 Tap right heel forward
- 4 Scoot forward slightly, bringing right leg up

MOVEMENT TO RIGHT & HALF TURN

- 1 Step to right side on right foot
- 2 Cross left foot behind right foot
- 3 Step to right side on right foot
- 4 Hop on right foot, turning 1/2 to right

ROCK & TURNS

- 1 Step forward on left, keeping right in place
- 2 Transfer weight backward to right foot, keeping left in place
- 3 Transfer weight forward to left foot
- 4 Hop on left foot, kicking right leg forward
- 5 Step forward on right foot
- 6 Hop on right foot while kicking left leg forward and turning 1/3 to left
- 7 Step forward on left foot
- 8 Hop on left foot while kicking right leg forward and turning 1/3 to left
- 9 Step forward on right foot
- 10 Hop on right foot while kicking left leg forward and turning 1/3 to left

/Note: You make a full turn in a small circle to return to face the same direction,

LEFT MOVEMENT WITH 1/2 TURN

- 1 Step to left side on left foot
- 2 Cross right foot behind left
- 3 Step to left side on left foot
- 4 Hop on left foot while turning 1/2 to left

RIGHT MOVEMENT WITH DOUBLE STOMP

- 1 Step to right side on right foot
- 2 Cross left foot behind right
- 3 Step to right side on right foot
- 4 Stomp left foot beside right
- 5 Stomp left foot beside right, transferring weight

LEFT PACES & STOMP

- 1 Stomp forward on right foot
- 2 Swivel 1/4 turn to left on both feet right transfer weight to left
- 3 Stomp forward on right foot
- 4 Swivel 1/4 turn to left on both feet right transfer weight to left
- 5 Stomp right foot beside left

REPEAT

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