

¼ LEFT, BEHIND, ¼ RIGHT, HOLD, ¼ RIGHT, BEHIND, ¼ LEFT, HOLD

- 1-2 Step right forward into ¼ turn left, side step left behind right
3-4 Side step right into ¼ turn right, hold
5-6 Step left forward into ¼ turn right, side step right behind left
7-8 Side step left into ¼ turn left, hold

FORWARD, ½ LEFT, FORWARD, HOLD, RUN, RUN, RUN, HOLD

- 1-4 Step right forward, turn ½ turn left, step right forward, hold
5-8 Run step left forward, run step right forward, run step left forward, hold

¼ LEFT, BEHIND, ¼ RIGHT, HOLD, ¼ RIGHT, BEHIND, ¼ LEFT, HOLD

- 1-2 Step right forward into ¼ turn left, side step left behind right
3-4 Side step right into ¼ turn right, hold
5-6 Step left forward into ¼ turn right, side step right behind left
7-8 Side step left into ¼ turn left, hold

FORWARD, ½ LEFT, FORWARD, HOLD, RUN, RUN, RUN, HOLD

- 1-4 Step right forward, turn ½ turn left, step right forward, hold
5-8 Run step left forward, run step right forward, run step left forward, hold

FORWARD, HOLD, ½ RIGHT, HOLD, ½ RIGHT, HOLD, ¼ RIGHT, HOLD

- 1-4 Step right forward, hold, step left forward into ½ turn right, hold
5-8 Step right back into ½ turn right, hold, step left forward into ¼ turn right, hold (weight. Left)

FORWARD RIGHT & LEFT TOE-HEEL STRUTS

- 1-4 Touch right toe forward, drop right heel, touch left toe forward, drop left heel
4-8 Touch right toe forward, drop right heel, touch left toe forward, drop left heel

REPEAT