

**Heel Digs & Heel Switches.**

- 1 - 2 Touch Right Heel Forward. Step Right In Place.  
3 - 4 Touch Left Heel Forward. Step Left In Place.  
5 & Touch Right Heel Forward. Step Right In Place.  
6 & Touch Left Heel Forward. Step Left In Place.  
7 - 8 Touch Right Heel Forward. Clap & Kick Right Foot Forward.

**Right Shuffle, Rock Steps, Left Shuffle, Rock Steps.**

- 9 & 10 Step Forward Right. Step Left Beside Right. Step Forward Right.  
11 - 12 Rock Forward On Left. Rock Back Onto Right.  
13 & 14 Step Back Left. Step Right Beside Left. Step Back Left.  
15 - 16 Rock Back On Right. Rock Forward Onto Left.

**Rocking Chair Hip Swings With Knee Bends.**

- 17 - 18 Rock Forward On Right Heel. Rock Back On Left.  
19 - 20 Rock Back On Right. Rock Forward On Left.  
& Step Slightly Forward On Right And Bend Knees.  
21 Swing Hips Forward & Up, Taking Weight Forward On Right Foot.  
& 22 Bend Knees On (&) Swing Hips Back (weight On Left).  
& 23 Bend Knees On (&) Swing Hips Forward (weight On Right).  
& 24 Bend Knees On (&) Swing Hips Back (weight On Left).

**Heel Struts With 1/4 Turn Right.**

- 25 & 26 Step Forward On Right Heel. Drop Right Foot To Floor.  
27 & 28 Step Forward On Left Heel. Drop Left Foot To Floor.  
29 & 30 Step Forward On Right Heel, Pivot 1/4 Turn Right And Drop Foot  
31 & 32 Step Forward On Left Heel. Drop Left Foot To Floor.

**Right Kick Ball Change. Step Touch & Grapevine Left.**

- 33 & 34 Kick Right Foot Forward. Step Down On Right. Step Left In Place.  
35 & 36 Step Forward Right. Touch Left Beside Right.  
37 & 38 Step Left To Left Side. Cross Right Behind Left.  
39 & 40 Step Left To Left Side. Touch Right Beside Left.

**Pivot 1/2 Turn Left X 2**

- 41 & 42 Step Forward On Right. Pivot 1/2 Turn Left.  
43 & 44 Step Forward On Right. Pivot 1/2 Turn Left.

**Swivel Steps In Place X 4**

Note: These Moves Are Performed With A Stepping Action On The Balls

**Of The Feet, With Knees Slightly Bent.**

- 45 Step On Right Swivelling Heels To Right.  
46 Step On Left Swivelling Heels To Left.  
47 Step On Right Swivelling Heels To Right.  
48 Step On Left Swivelling Heels To Left.

**Right Kick Ball Change, Step, Touch & Grapevine Left.**

- 49 & 50 Kick Right Foot Forward. Step Down On Right. Step Left In Place.  
51 & 52 Step Forward Right. Touch Left Beside Right.  
53 & 54 Step Left To Left Side. Cross Right Behind Left.  
55 & 56 Step Left To Left Side. Touch Right Beside Left.

**Pivot 1/2 Turn Left, Pivot 1/4 Turn Left.**

- 57 & 58 Step Forward On Right. Pivot 1/2 Turn Left.  
59 & 60 Step Forward On Right. Pivot 1/4 Turn Left.

**Swivel Steps X 4 (walking Forward As Far As You Can)**

Note: These Moves Are Performed With A Stepping Action On The Balls

**Of The Feet, With Knees Slightly Bent.**

- 61 Step Forward On Ball Of Right & Swivel Heels To Right.
- 62 Step Forward On Ball Of Left & Swivel Heels Left.
- 63 Step Forward On Ball Of Right & Swivel Heels To Right.
- 64 Step Forward On Ball Of Left & Swivel Heels Left.

---

(24387)

Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA  
Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 \*charged at 10p per minute