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- 1** **1-8 CROSS ROCK, CROSS ROCK, STEP, TWIST, TWIST, COASTER STEP**  
1,2 Cross Right over Left, Recover on Left  
& 3,4 Step Right to Right side, Cross rock Left over Right,, Recover on Right  
& 5 & 6 Step Left to Left side, Step forward on Right, On balls of feet twist 1/4 left, On balls of feet twist 1/4 right weight ends on left  
7 & 8 Step Right back, Left together, Step Right forward
- 2** **9-16 CROSS, BACK, SIDE ¼ , BEHIND, SIDE, CROSS, SHUFFLE FORWARD, 1/2 SHUFFLE**  
1 & 2 Cross Left over Right, Step back on Right making 1/8 turn Left, Step Left to Left Side  
3 & 4 Step Right behind Left, Step Left to Left side making 1/8 turn Left, Cross Right over Left  
5 & 6 Step forward on Left, Step Right together, Step forward on Left  
7 & 8 Step back on Right making 1/2 Turn Left, Step Left together, Step back on Right
- 3** **17-24 COASTER STEP, SIDE ROCK & CROSS, SIDE ROCK & CROSS, STEP 1/4 CROSS**  
1 & 2 Step Left back, Right together, Step Left forward  
3 & 4 Rock Right to Right side, Recover on Left, Cross Right over Left (Travelling Forward)  
5 & 6 Rock Left to Left side, Recover on Right, Cross Left over Right (Travelling Forward)  
7 & 8 Step forward on Right, 1/4 turn Left, Cross Right over Left
- 4** **25-32 SIDE SHUFFLE 1/4, TOE, HEEL, CROSS, ROCK 1/2 TURN, CROSS SHUFFLE**  
1 & 2 Step Left to Left side, Right together, Step 1/4 turn Left  
3 & 4 Touch Right toe to Right side, Touch Right heel in front, Cross Right over Left  
5 & 6 Rock forward Left, Recover on Right, 1/2 turn Left stepping forward on Left  
7 & 8 & Cross Right over Left, Step Left to Left side, Cross Right over Left, Step Left to Left side  
7 & 8 & Cross Right over Left, Step Left to Left side, Cross Right over Left, Step Left to Left side
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