

**Long Strides And Heel Lifts.**

- 1 Take A Long Side Step To The Left  
2 Bring The Right Together And Lift The Left Heel  
3 Lower Left Heel - And - Lift The Right Heel  
& Lower Right Heel - And - Lift The Left Heel  
4 Lower Left Heel - And Lift The Right Heel

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- 5 - 8 Repeat Steps 1 - 4 To The Right.

**Cha Cha Step And 1/4 Turn Left - Swivel 1/4 Turn Left**

- 9 & 10 Step Forward On Left, Step Right, Step Left. (3 Steps = 2 Beats)  
11 & 12 Step Forward On Right, Step Left, Step Right (3 Steps = 2 Beats)  
13 Step Forward On Left Foot Making 1/4 Turn Left.  
14 Stomp Right Foot In Place.  
15 & Swivel Heels: - Right & Left  
16 Swivel Heels Right Again Making A 1/4 Turn To The Left.

**Cha Cha Step And 1/4 Turn Left - Swivel 1/4 Turn Left**

- 17 - 24 Repeat Steps 9 - 16

**Cha Cha Step - Scissors And 1/4 Turn Left.**

- 25 - 26 Step Forward On Left, Step Right, Step Left. (3 Steps = 2 Beats)  
27 - 28 Scuff Right Foot & Stomp It Behind Left (right Toes Pointing Right)  
& 29 With Weight On Toes:- Swivel Heels Open & Close  
& 30 And Open & Close  
& Scuff Right Foot And Hitch  
31 Turn 1/4 Turn To Left  
32 Stomp Right In Place.