

-
- 1 Heel hook, step hook, step hook, step hold**
1 2 Touch R heel forward, hook R across L
3 4 Step R foot forward, hook L behind R
5 6 Step back on L, hook R foot across L
7 8 Step R foot forward, hold 1 count
- 2 Heel hook, step hook, step hook, step hold**
1 2 Touch L heel forward, hook L across R
3 4 Step L foot forward, hook R behind L
5 6 Step back on R, hook L foot across R
7 8 Step L foot forward, hold for 1 count
- 3 Walk forward RLR swing heels out and in, walk back RLR swing heels out and in**
1 2 Walk R L
3 & 4 Step onto R and swing heels out, in
5 6 Walk back RL
7 & 8 Step back onto R swing both heels out, in (weight finishing on L)
- 4 Cross and heel and cross and heel and cross and heel, heel twists RL**
1 & 2 & Cross R over L, step back on L and touch R heel forward, step R next to L
3 & 4 & Cross L over R step back on R and touch L heel forward and step L next to R
5 & 6 & Cross R over L, step back on L and touch R heel forward and step R next to L
7 8 Swing both heels R then L (weight finishing on R)
- 5 Cross and cross, rock recover, cross shuffle, rock 1/4 turn R (facing 3 o'clock)**
1 & 2 Cross L over R step R to R side, cross L over R
3 4 Rock R to R side recover on L
5 & 6 Cross R over L and step L to side and cross R over L
7 8 Rock L to L side recover on R making 1/4 turn to R
- 6 Full turn L, forward shuffle, rock recover triple Full turn R (facing 3 o'clock)**
1 2 Step L R making full turn L (or walk forwards L R) - optional lasso arm movement!
3 & 4 Shuffle forwards LRL
5 6 Rock forward onto R recover onto L
7 & 8 Triple full turn R (or triple step RLR in place)
- 7 Rock forward recover, 3/4 triple turn L, walk R L Kick out out (facing 6 o'clock)**
1 2 Rock forward onto L recover on R
3 & 4 3/4 triple turn L stepping LRL
5 6 Walk forwards RL
7 & 8 Kick R foot diagonally forward and step out R and step out L (weight finishing on L)
-