

1 THUNDER AND LIGHTNING**2 CROSS ROCKS**

1 & 2 & 3 & 4 Cross rock RF over LF, recover on LF, rock out to right side on RF, recover on LF
Cross rock RF over LF, recover on LF, rock out to right side on RF

5 & 6 & 7 & 8 Cross rock LF over RF, recover on RF, rock out to left side on LF, recover on RF Cross
rock LF over RF, recover on RF, rock out to left side on LF

3 KNEE SWINGS, TOUCH FORWARD, ROCK FORWARD AND BACK, TRIPLE FORWARD

1 & 2 & 3 & 4 Swing right knee out and in, touch RF forward and home Swing right knee out and in,
touch RF forward and home

5 & 6 & 7 & 8 Rock forward on RF, recover on LF, rock back on RF, recover on LF Triple step forward,
R,L,R

4 KNEE SWINGS, TOUCH FORWARD AND BACK, TRIPLE FORWARD

1 & 2 & 3 & 4 Swing left knee out and in, touch LF forward and home Swing left knee out and in,
touch LF forward and home

5 & 6 & 7 & 8 Rock backward on LF, recover on RF, rock forward on LF, recover on RF Triple step
backwards,, L,R,L

5 CHASSE TO SIDE, 1/4 TURN RIGHT, CHASSE LEFT, SAILOR SHUFFLES

1 & 2 & 3 & 4 Triple step to right side, R,L,R, turning 1/4 turn right triple step left

5 & 6 & 7 & 8 Step RF behind LF, step LF next to RF, step RF slightly right Step LF behind RF< step RF
next to LF, step LF slightly left

6 START OVER