



**Track:** 3:07m

**SECTION 1 SIDE STRUTS**

- 1-2 Touch right toe to side, drop right heel down
- 3-4 Touch left toe to side, drop left heel down
- 5-6 Touch right toe to the original position, drop right heel down
- 7-8 Touch left toe to the original position, drop left heel down

**SECTION 2 TOE TRIANGLES**

- 1-2 Touch right toe forward, then to right side
- 3-4 Step RF beside L, Hold
- 5-6 Touch left toe forward, then to left side
- 7-8 Step LF beside R, Hold

**SECTION 3 TRAVELLING SWIVELS RIGHT, LEFT**

- 1-4 Swivel both heels to right, both toes to right, both heels to right, Hold
- 5-8 Swivel both heels to left, both toes to left, both heels to left, Hold

**SECTION 4 WALK HEEL/TOE FORWARD 1/4 PIVOT L**

- 1-4 Step RF forward on heel, Step down on toes/ Step LF forward on heel, Step down on toes
- 5-8 Step RF forward on heel 1/4 Pivot L, Step down on toes/ Step LF forward on heel, Step down on toes

**SECTION 5 HEEL SWITCHES X 4 (R,L,R,L)**

- 1-2 Touch R Heel forward on floor, Step RF beside L
- 3-4 Touch L Heel forward on floor, Step LF beside R
- 5-6 Touch R Heel forward on floor, Step RF beside L
- 7-8 Touch L Heel forward on floor, Step LF beside R

**Repeat**