



## TOE/HEEL FORWARD X 4

1-4 Step RF forward on toe, Step down on heel/ Step LF forward, Step down on heel

5-8 Step RF forward on toe, Step down on heel/ Step LF forward, Step down on heel

## BACKWARDS SKATE-TOUCHES PIVOT 1/4 R, BACKWARDS SKATE-TOUCHES

1-2 RF Skate back, Skate LF toes to touch beside RF

3-4 LF Skate back, Skate RF toes to touch beside LF

5-6 RF Skate back pivot 1/4 R, Skate LF toes to touch beside RF

7-8 LF Skate back, Skate RF toes to touch beside L

## LINDY RIGHT, LINDY LEFT PIVOT 1/4 R

1&2 Shuffle right, RLR

3-4 Rock back on LF, Recover on RF

5&6 Shuffle left, LRL

7-8 Rock back on RF pivot 1/4 R, Recover on LF

## WALK FORWARD, MAMBO FORWARD, WALK BACK, MAMBO BACK

1-2 Walk forward, RF, LF

3&4 Rock forward on RF, Recover LF, Step back on RF

5-6 Walk back, LF, RF

7&8 Rock back on LF, Recover RF, Step LF Forward beside right

## Repeat

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Music download available from iTunes