

- 
- 1,2 Rock back on right turning 1/2 turn right, rock forward on left turning 1/2 turn left  
3 & 4 Shuffle right-left-right turning full turn left  
5,6 Rock back on left turning 1/2 turn left, rock forward on right turning 1/2 turn right  
7 & 8 Shuffle left-right-left turning full turn right  
1,2 Rock back on right turning 1/2 turn right, rock forward on left turning 1/2 turn left  
3 & 4 Turning 1/2 turn left on ball of left, shuffle back at 45 degrees right (stepping right-left-right)  
5 & 6 Shuffle back at 45 degrees left (stepping left-right-left)  
7,8 Rock back on right turning 1/2 turn right, rock forward on left turning 1/2 turn left  
1,2 Scoot forward right at 45 degrees right (big step dipping right shoulder), slide left together  
3 & 4 Shuffle forward at 45 degrees right (stepping right-left-right)  
5 & 6 With right on ball of right, step left heel across right drop left toe, drop right heel turning 1/2 turn right  
7 & 8 Repeat 5&6 above (completing full turn)  
1,2 Scoot forward left at 45 degrees left (big step dipping left shoulder), slide right together  
3 & 4 Shuffle forward at 45 degrees left (stepping left-right-left)  
5 & 6 With left on ball of left, step right heel across left drop right toe, drop left heel turning 1/2 turn left  
7 & 8 Repeat 5&6 above (completing full turn)
- "INSERT"**
- 1 & 2 Rock/step right toe to right side, rock/replace onto left, step right across behind left  
& 3 & 4 On balls of both feet with feet still crossed, twist heel out, in, out, in  
5 & 6 Rock/step left toe to left side, rock/replace onto right, step left across behind right  
& 7 & 8 On balls of both feet with feet still crossed, twist heel out, in, out, in
- "INSERT"**
- 1 & 2 Rock/step right toe to right side, rock/replace onto left, step right across behind left  
3 & 4 Rock/step left toe to left side, rock/replace onto right, step left across behind right  
5,6 On heel of right foot, turn full turn to left dropping onto toe of right as turn is completed  
7 & 8 Shuffle to left (stepping left-right-left)  
1 & 2 Tap right toe to right side, step right next to left, step left across in front of right  
3 & 4 Repeat steps 1&2  
5 - 8 Step forward on right, (next 3 steps will complete 1 & 1/2 turns moving forward), step back left turning 1/2 turn right, step forward right turning 1/2 turn right, step back left turning 1/2 turn  
1 - 8 Repeat last 8 steps

**REPEAT**

**/On the third repetition (3rd wall) after completing both sections marked "insert" step onto right turning 1/2 turn right, step left together and then dance again both sections marked "insert". The rest of the dance then continues.**