

- 1-8 Walk Right, Left, Right, Touch & Kick and Heel & Touch, Skate, Skate**  
1,2,3 Walk forward, right left right  
4&5 Touch left toe beside right (and slightly back), step back on left foot (5th position),  
kick right foot forward  
&6&7 Step back on right foot (5th position), touch left heel forward. Step left foot in place,  
touch right toe beside left.  
8, 1 Skate to right diagonal, skate to left diagonal
- 9-16 Rock Forward Right, 1 ½ Turns Right, Rock Forward Left, Left Lock Step Back**  
2,3 Rock forward on right foot, recover weight onto left  
4&5 Make 1 ½ turns over right shoulder tripling right, left right (option: ½ turn shuffle)  
6,7 Rock forward on left, recover weight onto right  
8&1 Step back on left, lock right in front of left, step back on left
- 17-24 Rock Turn Touch, Cross Point, Cross ¼ Turn Point, ½ Turn Right**  
&2&3 Rock back on right making ¼ turn right, touching left toe to side. Rock back onto left foot  
making ¼ turn left and touch right toe beside left.  
4,5 Cross right over left, point left toe to side.  
6,7 Cross left over right, making ¼ turn left point right toe to side  
8&1 Cross right in front of left, make ¼ turn right and step left foot back, make another ¼ turn  
right and take a large step to the right
- 25-32 Left Rock and Slide, Right Rock and Slide, Coaster Step, ½ Turn Sweep**  
2&3 Rock back on left (5th position), recover weight to right, take a large slide to the left  
4&5 Rock back on right (5th position), recover weight to left, take a large slide to the right  
6&7 Step back on left, close right to left, step forward on left  
8 On ball of left making ½ turn left, sweeping right toe round and touching beside left
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