
Remember to Vote for your favourite dances in the Linedancer Charts.

SUPPORTING WORLD MENTAL HEALTH AWARENESS - IT'S OK NOT TO BE OK

SEC 1 SIDE STEP WITH TOE TOUCHES - RIGHT AND LEFT. BEHIND SIDE, CROSSING SHUFFLE.

- 1-2 Step right to right side, Touch left forward to left diagonal
3-4 Step left to left side, Touch right forward to right diagonal
Option Styling Option: Roll hips, bending knees & click fingers while touching toes to the diagonals. The Rhoda Step!
5-6 Cross right behind left, Step left to left side.
7&8 Cross right over left, Step left to left side, Cross right over left. (12:00)

SEC 2 STEP LEFT TO SIDE, 1/4 TURN RIGHT, FORWARD SHUFFLE, BOX STEP 1/4 TURN

- 1-2 Step left to left side, Step right 1/4 turn to right side
3&4 Step left forward, Step right beside left, Step left forward (3:00)
5-6 Cross right over left, Step back on left,
7-8 Step right 1/4 turn right, Cross left over right (6:00)

SEC 3 RIGHT CHASSE, BACK ROCK, LEFT CHASSE, BACK ROCK

- 1&2 Step right to right side, Step left beside right, Step right to right side
3-4 Cross rock left behind right, Recover on right
5&6 Step left to left side, Step right beside left, Step left to left side
7-8 Cross rock right behind left, Recover on left (6:00)

SEC 4 FIGURE EIGHT TO RIGHT WITH 1/4 TURN LEFT

- 1-2 Step right to right side, Cross left behind right
3-4 Step right 1/4 turn right, Step forward left
5-6 Pivot 1/2 turn right, 1/4 turn right stepping left to left side
7-8 Cross right behind left, 1/4 turn left stepping left forward

Option EASY OPTION FOR SECTION 4. GRAPEVINE RIGHT & LEFT WITH LEFT 1/4 TURN TOUCH.

- 1-4 Step right to side, Cross left behind right, Step right to side, touch left beside right
5-8 Step left to left side, Cross right behind left, Step left 1/4 turn left, Touch right beside left

Ending Dance finished at the end of Wall 9.
Step right into 1/4 turn left to face front wall, Raise your hands!

There's a message in song.

Smile and Enjoy.
Helen & Rhoda xx