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- 1 - 4 Step left forward, rock back on right, step left to side, slide right together (keeping weight on left).
5 - 8 Back right, rock forward on left, step right to side, slide left together (keeping weight on right).
9 - 12 Step forward left, rock back on right, step left to side, lock right behind left.
13 - 16 Step forward left turning 1/2 turn right, step right to side, slide left together (keeping weight on right).
17 - 20 Step left forward, rock back on right, step left to side, slide right together (keeping weight on left).
21 - 24 Back right, rock forward on left, step right to side, slide left together (keeping weight on right).
25 - 28 Forward left, rock back on right, step left to side, lock right behind left,
29 - 32 Step forward left turning 1/2 turn right, step right to side, slide left together (keeping weight on right).
33 - 36 Step left forward, touch right foot behind left leg with left hand, extend and tap right foot right, touch right foot in front of left leg with left hand
37 - 42 Step right forward, touch left foot behind right leg with right hand, extend and tap left foot left, touch left foot in front of right leg with right hand, step left forward, pivot 1/2 turn right.
43 - 46 Step forward left, touch right foot behind left leg with left hand, extend and tap right foot right, touch right foot in front of left leg with left hand.
47 - 52 Step right forward, touch left foot behind right leg with right hand, extend and tap left foot left, touch left foot in front of right leg with right hand, step left forward, pivot 1/2 turn right.
53 - 60 Step forward left while turning 45 degrees right, rock back on right, step left to left side (face front), step forward right while turning 45 degrees left, rock back on left, step right to side (face front).
61 - 68 Turn full turn right with the following steps. Left, right, left, right, step left to side, two hip bumps left, two hip bumps right.

REPEAT