

#### **ROCK STEPS, TOGETHER, HOLD, HEEL TWIST**

- 1 - 4 Step forward left, step back on right, step left next to right, hold  
5 - 8 Step back on right, step forward left, step right next to left, hold  
9 - 12 Twist heels left, twist toes left, twist heels left, twist toes center

**/Slide arms down so man lady are holding hands, man's right in lady's left**

#### **TRIPLE STEPS DOWN LOD**

- 13 & 14 Left-right-left (turn 1/4 right to face partner)  
15 & 16 Right-left-right (turn 1/4 left to face LOD)  
17 & 18 Left-right-left (turn 1/4 to face partner)  
19 & 20 Right-left-right (turn 1/4 to face LOD)

#### **VINE, HEEL TWISTS, SWITCH SIDES, HEEL TWISTS, SWITCH SIDES**

- 21 - 24 Step left (turn 1/4 right), step right behind left, step left, step right next to left (hands joined in open double hand hold)  
25 - 28 Twist heels left, hold, twist heels right, hold  
29 - 32 Twist heels left, right, left, center (shift weight to right foot)  
33 - 36 Step forward left, step forward right, step forward left turning 1/2 right, step right next to left

**/Man crosses in front of lady, right shoulder to right shoulder. Do not let go of hands. Hands pass over lady's head ending in double cross hand hold, right over left**

- 37 - 40 Twist heels left, hold, twist heels right, hold  
41 - 44 Twist heels left, right, left, center, (shift weight to left foot)  
45 - 48 Step forward right, step forward left, step forward right turning a 1/2 left, touch left next to right

**/Man crosses in front of lady, left shoulder to left shoulder, keeping hands joined ending in open double hand hold**

#### **EAST COAST SWING BASIC**

- 49 - 54 Left-right-left triple step, right-left-right triple step, step back on left, rock forward on right

**/On rock step, change hand hold to East Coast Swing position**

#### **KANSAS CITY STEPS**

- 55 - 56 Step left with left foot (1/4 right to face partner), step right over left (turn to face LOD)  
57 - 58 Repeat 55-56  
59 - 62 Step forward left (facing LOD), step back on right, step back on left, step back on right (1/4 right to face partner)  
63 - 66 Step left in front of right (towards RLOD), step right to right, step left behind right (1/4 left to face LOD) stomp right next to left  
67 - 70 Kick left forward, stomp left by right, kick right forward, stomp right (1/4 right to face partner)  
71 - 74 Kick left forward (lady kicks between man's legs), stomp right next to left, kick right forward (between lady's legs), stomp right next to left  
75 - 76 Step back left (1/4 to face LOD letting go of lady's right hand, rock forward left (back in starting position))

#### **REPEAT**