

PATTERN A:**TRIPLE STEP-SWEEPS**

- 1 & 2,3,4 Step left-right-left in place, sweep right toe in an arc to the right
5 & 6,7,8 Step right-left-right in place, sweep left toe in an arc to the left

TRIPLE STEP, CROSS TURN, SHOULDER ROLLS

- 1 & 2,3,4 Step left-right-left in place, cross right over left, turn 1/2 left
5,6,7,8 Roll right shoulder back and down, roll left shoulder back and down

/Cross arms over chest. You're cold!

- 1 - 8 Repeat first 16 steps once

TRIPLE STEP, SCUFF, TURN

- 1 & 2,3 & 4 Step left-right-left in place, scuff right forward, &turn 1/4 right while bringing right knee up, step right beside left
5 - 16 Repeat last four beats three more times (you are facing front wall again)

STROLL STEPS, DOLPHINS

- 1,2,3,4 Slide step left to left side (10:00), slide step right to right side (2:00), left slide step back and to center, plant right slightly forward
& 5,6 & 7,8 &flick hips forward while chugging left forward, slide right forward, hold & flick hips forward while chugging left forward, slide right forward, hold

WALK BACK, QUICK STEPS

- 1,2,3,4 Walk back left-right-left, step right beside left
& 8 &step left to left, step right to right, &step left center, cross right over left, & step left to left, step right to right, & step left center, step right beside left

PATTERN B:**SIDE SHUFFLE, BACK ROCK STEPS (LEFT AND RIGHT)**

- & 1 & 2,3,4 &lift left knee and hop left on right foot, shuffle left-right-left, rock back right, rock forward left
5 & 6,7,8 Shuffle right right-left-right, rock back left, rock forward right

SHUFFLE TURN POINTS

- 1 & 2,3,4 Turning shuffle 1/2 right-left-right-left, point right to right, hold
5 & 6,7,8 Turning shuffle 1/2 left-right-left-right, point left to left, hold

HEEL BALL CROSS, HEEL BALL TOUCH (LEFT AND RIGHT)

- 1 & 2,3 & 4 Left heel touch forward, step left back, cross right over, left heel touch forward, step left back, touch right beside left
5 & 6,7 & 8 Right heel touch forward, step right back, cross left over, right heel touch forward, step right back, touch left beside right

CROSS STITCH LOCK STEPS

- 1,2,3,4 Step left forward to the left, step right forward to the right, step left back center, right slide lock step in front of left
5,6,7,8 Step left back to the left, step right back to the right, left step forward center, right slide lock step behind left

QUICK STEPS

- & 4 &step left to left, step right to right, &step left center, cross right over left, & step left to left, step right to right, &step left center, step right beside left