

Cross, Back Turn, Back, Shuffle Back, Rock ,rock, Shuffle Forward

- 1 Cross Right Foot Over Left
- 2 Step Back On Left Foot, Turning 1/4 Turn To The Right
- 3 Step Back On Right
- 4 & 5 Shuffle Back Left, Right, Left
- 6 Rock Back On Right
- 7 Rock Forward Onto Left
- 8 & 1 Shuffle Forward Right, Left, Right

Skate, Skate, Shuffle, Skate, Skate, Shuffle Turn

- 2 "skate", Left Foot Out To Left Diagonal (slide Foot Forward As If Wearing Skates)
- 3 "skate" Right Foot Out To Right Diagonal (swinging Hips Round In A Small Circle To Make The Move Smooth)
- 4 & 5 Moving Forward Slightly, Step Left Foot Out To Left Diagonal, Step Right Foot A Small Step Behind Left, Step Left Foot A Small Step Forward
- 6 Smoothly Turning Towards The Right, "skate" Right Foot Out To Right Diagonal
- 7 "skate" Left Foot Out To Left Diagonal
- 8 & 1 Turning 1/4 Turn To The Right, Shuffle Forward Right Left Right (this Can Also Be A Lock Step, Bringing The Left Toe Up To The Right Heel)

Rock, Rock, 3/4 Turn, Chasse Turn, Chasse

- 2 Rock Forward On The Left Foot
- 3 Rock Back On The Right Foot
- 4 & 5 Turn 3/4 Turn To Left Stepping Left Right Left
- 6 & 7 Side Chasse Right Left Right
- 8 & 1 Turning 1/2 Turn Right On Ball Of Right Foot Side Chasse Left Right Left,

Turn Chasse, Rock, Rock, Step, Cross Turn, Rock

- 2 & 3 Turning 1/2 Turn Left On Ball Of Left Foot, Side Shuffle Right Left Right
- 4 Rock Forward On Left
- 5 Rock Back On Right
- 6 Step Left Foot To Left Side
- 7 Cross Right Toe Behind Left Foot, Bending Both Knees And Unwinding 1/2 Turn To Right, Taking Weight On Right Foot While Straightening Up
- 8 Rock Weight Onto Left Foot.

Start Again