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- BALL, CHANGE, KICK, BALL, CHANGE, KICK, ROCK, STEP, LEFT FORWARD SHUFFLE**
- & 1,2 Quickly step left and slightly back on the ball of the left foot, step right foot in place, kick left foot forward and to the right
- & 3,4 Quickly step left and slightly back on the ball of the left foot, step right foot in place, kick left foot forward and to the right
- 5,6 Rock back on left foot, recover weight forward on right foot
- 7 & 8 Shuffle forward stepping left, right, left
- STEP, PIVOT 1/2 TURN LEFT, STOMP, STOMP, STOMP, BALL, CHANGE, STOMP, BALL, CHANGE**
- 9,10 Step forward on right foot, pivot 1/2 turn to left transferring weight to left foot
- 11,12 Stomp forward on right foot, stomp forward on left foot
- 13 & 14 Stomp right heel beside left foot, quickly step in place on the ball of the right foot, step in place on left foot (weight remains on left foot on stomp)
- 15 & 16 Stomp right heel beside left foot, quickly step in place on the ball of the right foot, step in place on left foot (weight remains on left foot on stomp)
- RIGHT SIDE, LEFT BEHIND, SHUFFLE, LEFT SIDE, RIGHT BEHIND, SHUFFLE**
- 17,18 Step right foot to the right, step left foot behind right foot
- 19 & 20 Shuffle in place right, left, right
- 21,22 Step left foot to the left, step right foot behind left foot
- 23 & 24 Shuffle in place left, right, left
- STEP, POINT, STEP, POINT, STEP, POINT, STEP, POINT**
- 25,26 Step forward on right foot, point left toe to left & look left
- 27,28 Step left foot forward & across in front of right foot, point right toe to right & look right
- 29,30 Step right foot forward & across in front of left foot, point left toe to left & look left
- 31,32 Step left foot forward & across in front of right foot, point right toe to right & look right
- TOE TOUCH BEHIND, 3/4 RIGHT TURN, SHUFFLE FORWARD, STEP, PIVOT, SHUFFLE FORWARD**
- 33,34 Touch right toe behind left heel, unwind to the right 3/4 turn (taking weight on the right foot as you unwind)
- 35 & 36 Shuffle forward stepping left, right, left
- 37,38 Step forward on right foot, pivot 1/2 turn to left (transfer weight to left foot on pivot)
- 39 & 40 Shuffle forward stepping right, left, right

REPEAT