

**Basic Hip Rolls (figure8)**

- 1 - 2 Step Left Foot To Left Side, Step Back On Right Foot  
3 - 4 Rock Weight Into Left Foot, Rock Weight Into Right Foot  
5 - 6 Hold Weight In Right Foot, Rock Weight Into Left Foot  
7 - 8 Rock Weight Into Right Foot, Rock Weight Into Left Foot

**Hold 360 Spiral Turn 1/4 Turn Weave Right**

- 1 - 2 Hold Weight In Left Foot, Step Forward Right (preparing To Turn Left)  
3 - 4 Hook Left Foot In Front Of Right Knee Pivot 360 Left, step Forward Left  
5 - 6 Side On Right Making 1/4 Turn Left, Step Left Foot Across In Front Of Right  
7 - 8 Side On Right Foot, Cross Left Foot Behind Right

**Ariel Ronde Weave Left 1/4 Turn Left Cucaracha Left**

- 1 - 2 Swing Right Leg In A Clockwise Arc, Step Right Foot Behind Left Foot  
3 - 4 Step Left Foot To Left Side, Cross Right Foot In Front Of Left  
5 - 6 Keeping Weight In Right Foot Pivot 1/4 Turn To Left, Step To Side On Left  
7 - 8 Replace Weight To Right Foot, Close Left To Right

**Hold Cucaracha Right 360spot Turn**

- 1 - 2 Hold Weight On Left, Step Side On Right Foot  
3 - 4 Replace Weight To Left Foot, Close Right Foot To Left Foot  
5 - 6 Hold Weight On Right Foot, Cross Left Over Right Making 1/4 Turn To Right  
7 - 8 Step Forward On Right Making 3/4 Turn To Right , Tap Left Next To Right
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