

ROCK FORWARD, TRAVEL BACK, ROCK FORWARD

- 1 - 2 Step right foot forward, rock back left
3 & 4 Step right back behind left, step left to left side, step onto right
5 & 6 Step left back behind right, step right to right side, step onto left
7 - 8 Step right foot back, rock forward on left

TRAVELING FORWARD

- 9 - 10 Turn a full turn left stepping forward right, left
11 & 12 Shuffle forward right-left-right
13 & 14 Step left foot behind right, step right foot to right side (slightly back), step left foot across over right
15 - 16 Step right foot to right side, rock over to left side

CROSS SHUFFLE, TURN

- 17 & 18 Cross shuffle right-left-right over left
19 - 20 Step left foot to left side, turning 1/4 turn right step right foot to right side
21 & 22 Cross shuffle left-right-left over right
23 - 24 Step right foot to right side, turning 1/4 turn right step left foot to left side
25 & 26 Cross shuffle right-left-right over left
27 - 28 Step left foot to left side, turning 1/4 turn right step right foot to right side
29 & 30 Cross shuffle left-right-left over right
31 - 32 Step right foot to right side, turning 1/4 turn right step left foot to left side
33 & 34 Step right foot across in front of left, step left foot to left side, step onto right foot in place
35 & 36 Step left foot across in front of right, step right foot to right side, step onto left foot in place
37 - 38 Step right foot forward, turning 1/2 turn left step left foot back
39 - 40 & Step onto right foot in place, step left foot forward starting turn, turn a full turn right on left foot step
41 & 42 Shuffle forward right-left-right
43 - 44 Step left foot to left side swaying hips left, sway hips right
45 & 46 Step left foot across in front of right, step right foot to right side, step onto left foot in place
47 & 48 Step right foot across in front of left, step left foot to left side, step onto right foot in place
49 - 50 Step left foot forward, turning 1/2 turn right step right foot back
51 - 52 & Step onto left foot in place, step right foot forward starting turn, turn a full turn left on right foot step
53 & 54 Shuffle forward left-right-left
55 - 56 Step right foot to right side swaying hips right, Sway hips left
57 & 58 Step right foot forward, Step left foot to left side, Step onto right foot in place
59 - 60 Step left foot forward, Step right foot forward

Variation on count 60 can be full turn left on right foot, or full turn right on left foot

- 61 & 62 Step left foot forward, step right foot to right side, step onto left foot in place
63 - 64 Step right foot forward, pivot 1/2 turn left (weight onto left)

REPEAT**On Instrumental Break, dance the first 32 counts, then start again from beginning or do this variation**

- 1 - 12 First 12 counts are the same
13 - 14 Step left behind right, Step right to right side
15 & 16 Step left across right, Step right to right side, Step onto left in place
17 Step right across left
18 & 19 Shuffle left-right-left sideways to left
20 Turning 1/4 turn right step right foot to right side
21 Step left across right
22 & 23 Shuffle right-left-right sideways to right
24 Turning 1/4 turn right step left foot to left side
25 Step right across left
26 & 27 Shuffle left-right-left sideways to left
28 Turning 1/4 turn right step right foot to right side

29 Step left across right
30 & 31 Shuffle right-left-right sideways to right
32 Turning 1/4 turn right step left foot to left side

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