

<p>Start: side by side facing Line of Dance (LoD), Leader on Left, on the inside of the Line of Dance circle. Follower on the right, on the outside of the LOD circle. Sweetheart position for hands</p>	<ul style="list-style-type: none"> <li>• Leader on Left - Follower on right</li> <li>• Follower's hands up just over shoulders, palms facing forward</li> <li>• Leader's right arm behind follower's shoulders, right hand fingers in Followers palm, Leader thumb behind the palm.</li> <li>• Leader's left arm across his chest, fingers in follower's eft palm, leader's thumb behind followers left palm.</li> <li>• Note – height of hands are at whatever level is comfortable given relative heights of partners</li> <li>• Weight on left foot for both partners</li> </ul>
<p>First 4 counts: Footwork starts the same</p> <p>Right heel touch Left heel touch</p>	<ol style="list-style-type: none"> <li>1. Touch right heel forward</li> <li>2. Step right foot next to left. Shift weight to right foot.</li> <li>3. Touch left heel forward</li> <li>4. Step left foot next to right. Shift weight to left foot.</li> </ol>
<p>Second 4 counts: Grapevine to the right End with left foot brushing forward</p>	<p>This will be a bit easier if the Follower is slightly further forward on Line of Dance (LoD) – e.g. Follower's back is aligned with Leader's front. This keeps partners from stepping on each other's feet.</p> <ol style="list-style-type: none"> <li>1. Step right foot to the side, still facing forward.</li> <li>2. Step left foot behind right foot.</li> <li>3. Step right foot to the side.</li> <li>4. Move left foot alongside of right foot, but instead of stepping or tapping the left foot, swing it forward brushing the floor and going up in the air some.</li> </ol>
<p>Third 4 counts: Forward shuffle left foot</p>	<p>Shuffles are syncopated - the count is "1 and 2" to do three movements in two music counts.</p> <ol style="list-style-type: none"> <li>1. Left foot comes down from the air, landing forward. "AND" slide right foot forward so that toe is somewhere between the middle of the left foot's arch and the left heel</li> <li>2. Slide left foot forward.</li> </ol>

<p>Forward shuffle right foot</p>	<ol style="list-style-type: none"> <li>3. Step right foot forward past left foot. "AND" slide left foot forward so the toe is between the right foot's arch and heel.</li> <li>4. Slide right foot forward – weight is on right foot</li> </ol>
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<p>Fourth 4 counts: Turn to face outward from the LoD circle as both do a Lindy step  (A Lindy starts with a shuffle step "1 AND 2" but it goes sideways rather than forward)</p>	<ol style="list-style-type: none"> <li>1. Step left foot forward but turn it so the toe points outward from the LoD. Note that Leader's front is facing Follower's back as both are facing outward of LoD circle "AND" slide right foot alongside of left foot</li> <li>2. Step left foot to the left (heading along LoD)</li> <li>3. Step right foot back towards the inside of LoD circle and place it behind the left foot. Note that this twists the body but the goal is to straighten the body to face out, so don't twist too far. Weight is on the right foot at the end.</li> <li>4. Step down on the left foot, turning body to face out from LoD.</li> </ol> <p>Notes: If there are tables right along the dance floor, you may not be able to do the following counts as written by moving across the LoD. You may need to allow the twist to turn you further against the LoD so you don't move perpendicular to the LoD into the tables.</p>
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<p>Fifth 4 counts:  Leader does a Rocking Chair</p>	<p>Foot work changes for leader and followers. Written as if Leader is on inside of circle facing out and Follower is on outside. Movement is generally across LoD rather than along or against LoD</p> <p>Leader:</p> <ol style="list-style-type: none"> <li>1. Step forward on right foot. Lift right hands over the follower's head so follower will be able to turn. Left hand can stay at follower's chest height. Weight on right foot</li> <li>2. Recover by shifting weight back to left foot.</li> <li>3. Step back on right foot. Stay connected with both hands, bring hands to chest height after follower has completed their pivot turn. Weight to right foot.</li> <li>4. Recover by shifting weight to left foot.</li> </ol> <p>Follower:</p>
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<p>Follower does a pivot half turn followed by half of a rocking chair</p>	<ol style="list-style-type: none"> <li>1. Step forward on the ball of the right foot. Shift weight to ball of right and go up on ball of left foot.</li> <li>2. Pivot half turn on the balls of feet. At the same time follower goes under the raised right hands. (Follower can only pivot to the left without tripping over themselves.) Weight shifts to left foot (which starts moving their body forward). Follower is now facing towards the inside of the LoD circle looking at the Leader who is still facing out.</li> <li>3. Step right foot forward (Leader is stepping back in their rocking chair so space is clear).</li> <li>4. Recover by shifting weight back on left foot.</li> </ol>
<p>Sixth 4 counts:  Leader does another rocking chair          Follower does half rocking chair and half turn back to sweetheart position</p>	<p>Written as if Leader is on inside of circle facing out and Follower is on outside. Movement is generally across LoD rather than along or against LoD</p> <p>Leader:</p> <ol style="list-style-type: none"> <li>1. Step forward on right foot. Shift weight to right foot. Keep hands connected</li> <li>2. Recover by shifting weight back to left foot.</li> <li>3. Step back on right foot while dropping left hands. Shift weight to right foot.</li> <li>4. Recover by shifting weight back to left foot. At this point the Follower has returned to right side of Leader with back to Leader. Reconnect left hands in sweetheart position.</li> </ol> <p>Follower:</p> <ol style="list-style-type: none"> <li>1. Step back on right foot. Weight on right foot.</li> <li>2. Recover by shifting weight forward to left foot.</li> <li>3. Step right foot forward and across follower's body, turning foot to point 90 degrees to the left foot. Shift weight to the ball of right foot. This starts twisting body to the left. Left hands must be dropped to make the twist.</li> <li>4. Swing left foot back and around to continue rotating the body further to finish alongside of Leader. Right foot is rotating on the ball of the foot. Shift weight to left foot.</li> </ol> <p>Note that it is not critical that the Follower gets completely through the half turn, although it helps with the following weave.</p> <p>Further, these counts end with both partners facing out from the LoD, with hands in sweetheart position.</p>

<p>Seventh 4 counts: Feet move in same pattern again.</p> <p>Weave to the left</p>	<ol style="list-style-type: none"> <li>1. Step right foot to the left in front of the left foot and landing further left along LoD. (Both are moving to the left, easier if the Follower is slightly further to the outside of the LoD circle). This twists the body slightly towards facing the LoD. Weight on right foot</li> <li>2. Step left foot to the side further along LoD than the right foot. This straightens the body to face outside LoD. Weight shifts to left foot</li> <li>3. Step right foot to the left behind the left foot and slightly further along the LoD. This twists the body against the LoD. Weight shifts to right foot</li> <li>4. Step left foot to the left, with toe slightly pointed to LoD. This twists body to face outside LoD. Weight shifts to left foot.</li> </ol> <p>Note: The weave turns your body slightly toward LoD, then facing out, then facing against LoD, then back to Outside LoD. How much twisting occurs depends on your knees and back, as well as the music tempo. The faster the tempo the less time to turn and the smaller the steps.</p>
<p>Eighth 4 counts:</p> <p>Quarter turn and Shuffle right forward</p> <p>Shuffle left forward</p> <p>Recall shuffle count is "1 AND 2"</p> <p>End of pattern</p>	<p>Both partners will be moving forward along LoD:</p> <ol style="list-style-type: none"> <li>1. Quarter turn the right foot as stepping forward onto the LoD. This positions the body facing forward along LoD. "AND" Slide left foot forward until the toe is between the arch and heel of the right foot.</li> <li>2. Slide right foot forward</li> <li>3. Step left foot forward. "AND" Slide right foot forward until toe is between the arch and heel of the left foot.</li> <li>4. Slide left foot forward.</li> </ol> <p>Note: The size of the steps depends on whether you need to catch up to the couple in front of you or if you need to slow down to create more space between couples.</p>
<p>RESTART: Right heel touch Left heel touch</p>	<ol style="list-style-type: none"> <li>1. Touch right heel forward</li> <li>2. Step right foot next to left. Shift weight to right foot.</li> <li>3. Touch left heel forward</li> <li>4. Step left foot next to right. Shift weight to left foot.</li> </ol>