

<p>Start: side by side facing Line of Dance (LoD), follower slightly further ahead LoD so follower's back aligns with leader's front</p>	<ul style="list-style-type: none"> • Leader on Left • Follower on right slightly further ahead on line of dance • Follower hands up, palms forward, just above shoulders • Leader's right arm behind follower's shoulders • Leader's left arm across their chest • Right hands holding, left hands holding with leader's fingers lightly across follower's palms and leader's thumb on backside of follower's palms • Weight is on left foot; right foot free to move • Leader and follower's foot steps are the same.
<p>First 4 counts: Right heel hook, shuffle right (shuffle moves along LoD)</p> <p>Both partners footwork is the same</p>	<ol style="list-style-type: none"> 1. Right heel touches forward 2. Right foot hooks up in front of left calf 3. Right foot steps forward "And" left foot slides forward so that toe is halfway between right foot arch and heel 4. Right foot slides forward <p>Shuffle steps are syncopated – the count is "1 And 2" or "3 AND 4" for three movements of the feet in two beats of music</p>
<p>Second 4 counts: Left rock, recover, left shuffle back (shuffle moves against LOD)</p>	<ol style="list-style-type: none"> 1. Left foot steps forward along LOD (weight on left at end) 2. Rock weight back to right foot to "recover" 3. Left foot steps backwards past the right foot (against LOD) "AND" Right foot slides backward to end with heel half way between left toes and left arch 4. Left foot steps or slides further back against LOD (weight on left foot) <p>Note at this point, both partners have their right foot further along LOD than their left foot.</p>
<p>Third 4 counts: Video shows Right rock, recover (against LOD)</p> <p>Right shuffle forward (along LOD)</p>	<ol style="list-style-type: none"> 1. Right foot steps back further against LOD (weight to right foot, left foot is unweighted or even raised a tad) 2. Recover by shifting weight forward to Left foot 3. Right foot steps forward along LOD past the left foot, weight shifts to right foot "AND" Slide left foot forward until left toe is between right foot arch and heel (weight on left at end) 4. Right foot slides forward a little, taking body weight at end

<p>What we will do:</p> <p>Alternate third 4 counts</p> <p>Quarter turn Right rock to display follower, recover (opening up against LOD)</p> <p>Right shuffle forward (along LOD)</p>	<p>We add slightly more sizzle to the dance by altering the first three counts. The goal is to display the Follower to those sitting on the sidelines outside of the circle of the dance who are not dancing</p> <p>The counts become</p> <ol style="list-style-type: none"> 1. Right foot steps back further against LOD while doing a quarter turn of the foot so that that toes point outside the circle of the dance. This twists the body so that both are facing outside of the circle of the LOD, with the Follower’s back to the Leader’s front. As you step, spread your arms to the side as if you were opening up to hug someone. Note you are still holding hands. Weight will end on right foot. Leave your left foot facing forward (a quarter turn from the right foot) but weight shifts to the right foot. This spreads your legs. 2. Recover by shifting weight to Left foot, while leaving legs and arms spread. 3. Quarter turn the right foot as it steps forward along LOD past the left foot, weight shifts to right foot, untwisting the body, and returning to sweetheart position (arms not spread open) “AND” Slide left foot forward until left toe is between right foot arch and heel (weight on left at end) 4. Right foot slides forward a little, taking body weight at end
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<p>Fourth 4 counts:</p> <p>Step left forward, half turn pivot (end up facing against LOD)</p> <p>Shuffle left forward against LOD</p>	<ol style="list-style-type: none"> 1. Step forward on the left foot ending on the ball of the left foot. As you step forward, let your right heel raise up, but keep toe on the ground. 2. Pivot on both feet to face against LoD (you can only turn to the right without tripping yourself) – weight shifts to right foot (At the completion of the pivot, your right foot is further “forward” against the LOD) 3. Step forward on left foot past the right foot (your foot is moving against LoD) “AND” slide right foot “forward” so that the toe is between left foot heel and arch 4. Step left foot “forward” against LOD – weight shifts to left foot
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	<p>Note that your hands stay connected during the pivot turn, the Leaders arms shifting between which one is stretched behind the Follower’s back. Initially when moving along LOD, the Leader’s right arm is behind Follower. As the pivot turn ends, the right arm will close in across the Leader’s body, while the left arm starts stretching behind Follower’s back. Once again, it will help if Follower’s back is aligned with Leaders front as they start to move against the LOD.</p>
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<p>Fifth 4 counts:</p> <p>Video shows Right forward, then quarter turn pivot with sway to face out from LOD circle</p> <p>We won’t do the above single sway version</p> <p>Alternate version we will do: This is different from video that has a single sway. Again, the object is to show off the follower during two sways</p> <p>Quarter turn to face outside of the LOD circle</p> <p>Sway by shifting weight right, left, right left</p>	<ol style="list-style-type: none"> 1. Step right foot “forward” further against LOD than the left. Land on ball of right foot. As right foot lands, the left heel rises so that at the end, you are on the balls of both feet. 2. Quarter turn pivot to the left to face the outside of the LOD. Follower is on outside of circle with back to the Leader’s front. Weight on left foot 3. Sway by shifting hips and weight to the right foot 4. Shift weigh to left foot, swaying hips to the left <p>We do an alternate version that displays the Follower to the audience longer</p> <ol style="list-style-type: none"> 1. Quarter turn step right foot “forward” further against LOD than the left, with the toes pointing out. Sway hips to the right as right foot lands. Let the left heel raise and rotate on the ball of the foot as the right foot lands. Sway hips to the right (against the LOD) as the foot is placed 2. Shift weight to the left as you sway hips left (along the LOD). Left foot is flat on dance floor 3. Sway by shifting hips and weight to the right foot. 4. Shift weigh to left foot, swaying hips to the left
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<p>Sixth 4 counts: Shuffle right forward along LOD</p> <p>Shuffle left forward</p> <p>(Couple moves forward along LoD)</p>	<ol style="list-style-type: none"> 1. Quarter turn to the LOD by stepping the right foot over the left further along the LOD - weight on right foot at end "And" slide left foot forward to align left toe approx. at right foot's arch – weight on left foot at end 2. Slide right foot forward – shift weight to right foot at end 3. Step left foot forward – weight on left foot at end "And" slide right foot forward to align approx. at left foot arch – weight is on right foot at end 4. Slide left foot forward – shift weight to left foot at end <p>The sixth and seventh groups of counts can individually or both be replaced by a four count walking turn by the Follower that progresses along LOD. Leader indicates a turn is coming by dropping the left hand and raising the right hand. We generally replace both sets with turns or only the seventh set with a turn. For diversity, we mix shuffles, single, and double turns. Just remember to reconnect both sets of hands in a sweetheart position after the 4th count in the seventh set.</p>
<p>Seventh 4 counts: Shuffle right, shuffle left</p> <p>(Couple moves forward along LoD)</p>	<p>Repeat the steps from the sixth 4 counts.</p> <p>This is the end of the pattern.</p> <p>We recommend that when you practice that you restart the dance's first four counts, rather than just ending the dance at the end of the pattern.</p>
<p>Dance pattern repeats from start: Right heel hook, right shuffle forward</p>	<ol style="list-style-type: none"> 1. Right heel touches forward 2. Right foot hooks up in front of left calf 3. Right foot steps forward AND left foot slides toes to between right foot heel and arch 4. Right foot slides forward