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| <p>Start: side by side facing Line of Dance (LoD), Leader Right hand holding Follower Left. Leader on Left</p> | <ul style="list-style-type: none"> • Leader on Left - Follower on right • Holding inside hands only • Weight is on outside foot • Leader and follower's foot steps change during dance – at times, they mirror and at times they are the same • Uses Mishnock barn wrap to cuddle hold • Slight variation in first 4 counts from video |
| <p>First 4 counts: Feet mirror each other. Inside forward, ¼ pivot to slap, return</p> | <ol style="list-style-type: none"> 1. Inside foot steps forward – weight on inside foot 2. Swing outside foot in as turn body ¼ turn to face partner and slap “outside free hands” as outside foot taps (or stays in air) 3. Swing outside foot back to original position as rotate body ¼ turn to face Line of Dance (LoD) – end with weight on outside foot 4. Inside foot taps in place – weight stays on outside foot |
| <p>Second 4 counts: Follower rolls into cuddle hold in front of Leader; leader generally stays in place; both facing LoD at the beginning and at the end</p> | <p>Follower foot work rolling turn to get into cuddle in front of leader (both feet start facing LoD) weight starts on outside – right - foot</p> <ol style="list-style-type: none"> 1. Left foot steps ¼ turn so pointing perpendicular to left of LoD; body naturally follows turning foot in ¼ turn – weight on left at end 2. Right foot swings around to step into ½ turn so it points perpendicular to the right of LoD; body naturally turning to follow foot – weight ends on right foot 3. Left foot steps ¼ turn to face LoD, body naturally following foot in ¼ turn to complete the full turn – weight ends on left foot 4. Right foot taps alongside of left foot so body and feet are facing LoD with weight still on Left foot <p>Leader foot work - Weight starts on outside – left - foot</p> <ol style="list-style-type: none"> 1. Step on right foot – weight change to right foot at end 2. Step on left foot – weight change to left at end 3. Step on right foot – weight on right foot at end 4. Step on left foot – weight on left foot <p>Hands – two options – Mishnock cuddle or drop and grab. Mishnock cuddle (preferred)</p> <ol style="list-style-type: none"> 1. As count 1 happens, keep grasping inside hands – Leader's right, follower left – but lower them to waist height. |

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| | <ol style="list-style-type: none"> 2. When count 3 happens, leader offers his left hand forward from his body as follower starts to wrap her arms around her. 3. When count 4 happens, follower’s right hand slides into leader’s offered left hand to complete cuddle position as follower completes facing LoD. Wrapped / cuddle positions arms between hips and breasts. <p>Or drop and grab</p> <ol style="list-style-type: none"> 1. On count 1, drop hands 2. On count 4, left hands connect together, as do right hands, in sweetheart position (just above followers shoulders) as follower completes facing LoD <p>Several points</p> <ul style="list-style-type: none"> • At the end of this 4 count, both leader and follower have weight on left foot • Follower has done 3 weight changes and a tap • Leader has done 4 weight changes • At the end, follower is in front of leader, leader can make this easier for follower by moving slightly to his right with his four steps as follower is moving left in her rolling turn. |
| <p>Third 4 counts: Forward right diagonal Footwork is same for leader and follower</p> | <ol style="list-style-type: none"> 1. Step forward diagonally to the right of the LoD on right foot (roughly 45 degrees) 2. Step left foot next to right foot 3. Step forward diagonally on right foot 4. Tap (touch) left foot next to right foot <p>Notes: How much of a diagonal depends on the couple in front of you. If there is a growing separation between couples, don’t go as diagonal, so you close the difference. If you are catching up to the other couple, move more sideways.</p> |

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| <p>Fourth 4 counts: Forward left diagonal Footwork is same for leader and follower</p> | <ol style="list-style-type: none"> 1. Step forward diagonally to the left of the LoD on left foot (roughly 45 degrees) 2. Step right foot next to left foot 3. Step forward diagonally on left foot 4. Tap (touch) right foot next to left foot <p>Notes: How much of a diagonal depends on the couple in front of you. If there is a growing separation between couples, don’t go as diagonal, so you close the difference. If you are catching up to the other couple, move more sideways.</p> |
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| <p>Fifth 4 counts: back up or go diagonally backward</p> | <p>In some places, couples go directly backwards. In other places, they go diagonally backwards. In crowded conditions when not everyone is doing the partner dance, you might find it easier to go sideways so you don't have to look over your shoulder when backing up. Leader and follower footwork is the same until the fourth count</p> <p>Backward option:</p> <ol style="list-style-type: none"> 1. Step back on right foot both leader and follower 2. Step back on left foot both leader and follower 3. Step back on right foot both leader and follower <p>4. Follower tap left foot next to right Leader, step left foot next to right</p> <p>Diagonal backwards right (or sideways option)</p> <ol style="list-style-type: none"> 1. Step diagonally back on right foot 2. Step left foot next to right foot 3. Step diagonally backwards on right foot 4. Follower tap left next to right, Leader step left next to right <p>Note that at the end, the leader and follower have different feet weighted. Follower's left foot is free to move; Leader's right foot is free to move.</p> |
| <p>Sixth 4 counts: Follower rolls left complete turn, Leader moves right of LoD</p> | <p>Follower rolls to the left of partner as Leader moves away to the right of partner</p> <p>Follower (just as before)</p> <ol style="list-style-type: none"> 1. Left foot steps ¼ turn so pointing perpendicular to left of LoD; body naturally follows turning foot in ¼ turn – weight on left at end 2. Right foot swings around to step into ½ turn so it points perpendicular to the right of LoD; body naturally turning to follow foot – weight ends on right foot 3. Left foot steps ¼ turn to face LoD, body naturally following foot in ¼ turn to complete the full turn – weight ends on left foot 4. Right foot taps alongside of left foot so body and feet are facing LoD with weight still on Left foot |

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| | <p>Leader can do a mirror turn of follower or just move to right. Showing easier steps for Leader</p> <ol style="list-style-type: none"> 1. Step right foot to the side 2. Step left foot next to right foot. 3. Step right foot to side 4. Tap (touch) left foot next to right <p>Hands: If in cuddle position, drop Leader right hand / follower left hand and keep the other hands held. Arms will extend naturally as partners move away from each other. If in sweetheart position , drop all hands and then grasp inside hands on count 4 (Leader left, follower’s right)</p> <p>Note that at count 4, leader and follower foot work will be mirrors – inside feet are tapping / touching, weight on outside feet.</p> <p>If Follower has balance issues, follower can replace rolling turn out with a mirror of the Leader’s steps. (Left, together, left, tap right)</p> |
| <p>Seventh 4 counts: Feet mirror each other. Inside forward, ¼ pivot to slap, return</p> | <ol style="list-style-type: none"> 1. Inside foot steps forward – weight on inside foot 2. Swing outside foot in as turn body ¼ turn to face partner and slap “outside free hands” as outside foot taps (or stays in air) 3. Swing outside foot back to original position as rotate body ¼ turn to face Line of Dance (LoD) – end with weight on outside foot 4. Inside foot taps in place – weight stays on outside foot |
| <p>Eighth 4 counts: Full turns to exchange places, Follower turns ahead of leader with respect to the LoD</p> | <p>Drop hands a count 1 starts. Grasp inside hands as count 4 ends.</p> <p>Follower will do a full turn moving to the right instead of left as before, but ending with a brush instead of a tap</p> <ol style="list-style-type: none"> 1. Right foot steps ¼ turn so pointing perpendicular to right of LoD; body naturally follows turning foot in ¼ turn – weight on right at end 2. Left foot swings around to step into ½ turn so it points perpendicular to the left of LoD; body naturally turning to follow foot – weight ends on left foot 3. Right foot steps ¼ turn to face LoD, body naturally following foot in ¼ turn to complete the full turn – weight ends on right foot |

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| | <p>4. Left foot brushes the floor next to the right foot and keeps moving so that it is up in the air. Follower is headed along LoD. Weight is on right foot.</p> <p>Leader turns behind the Follower (relative to the LoD)</p> <ol style="list-style-type: none"> 1. Left foot steps ¼ turn so pointing perpendicular to left of LoD; body naturally follows turning foot in ¼ turn – weight on left at end 2. Right foot swings around to step into ½ turn so it points perpendicular to the right of LoD; body naturally turning to follow foot – weight ends on right foot 3. Left foot steps ¼ turn to face LoD, body naturally following foot in ¼ turn to complete the full turn – weight ends on left foot 4. Right foot brushes the floor next to the left foot and keeps moving so that it is up in the air. Leader is headed along LoD. Weight is on left foot. <p>Note partners have inside leg hanging up in the air after the brushes and their inside hands are grasped.</p> |
| <p>Ninth 4 counts: Shuffle forward inside feet, outside feet (foot work is mirror)</p> | <p>Foot work is mirrored. Shuffles are three movements of the feet in two musical beats. The Count is “1 AND 2”. Recall that the inside feet are hanging in the air from the brush forward, so they basically just need to be put down.</p> <ol style="list-style-type: none"> 1. Step inside foot down from the brush “And” Slide outside foot partway along inside foot 2. Slide inside foot forward 3. Slide outside foot forward “AND” slide inside foot partway along outside foot 4. Slide outside foot forward |
| <p>Tenth 4 counts: Shuffle forward inside feet, outside feet (foot work is mirror) (Repeating ninth 4 counts)</p> | <p>Foot work is mirrored. Shuffles are three movements of the feet in two musical beats. The Count is “1 AND 2”</p> <ol style="list-style-type: none"> 1. Slide inside foot forward “And” Slide outside foot partway along inside foot 2. Slide inside foot forward 3. Slide outside foot forward “AND” slide inside foot partway along outside foot 4. Slide outside foot forward |

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| | <p>This is the end of the dance pattern. We suggest that you restart the pattern when practicing so you get in the habit of continuing on</p> |
| <p>RESTART First 4 counts: Feet mirror each other. Inside forward, ¼ pivot to slap, return</p> | <ol style="list-style-type: none"> 1. Inside foot steps forward – weight on inside foot 2. Swing outside foot in as turn body ¼ turn to face partner and slap “outside free hands” as outside foot taps (or stays in air) 3. Swing outside foot back to original position as rotate body ¼ turn to face Line of Dance (LoD) – end with weight on outside foot 4. Inside foot taps in place – weight stays on outside foot |
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| <p>Formal start First 4 counts: Feet mirror each other. Inside turn 1/4, touch former outside foot and slap, return foot to outside position, tap inside</p> | <ol style="list-style-type: none">1. Inside foot and body turn in $\frac{1}{4}$ to face partner – weight on inside foot . Facing partner2. Touch (tap) outside foot and slap “outside free hands” as outside foot taps3. Turn $\frac{1}{4}$ away from partner to face LoD, stepping down on outside foot.4. Inside foot taps in place – weight stays on outside foot <p>The instructional video calls this four count as $\frac{1}{4}$ step, touch, $\frac{1}{4}$ step, touch. We find that the forward step and swinging $\frac{1}{4}$ turn seems more natural</p> |
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