

<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"> <li>• Leader on Left</li> <li>• Follower on right slightly further ahead on line of dance</li> <li>• Follower hands up, palms forward, just above shoulders</li> <li>• Leader's right arm behind follower's shoulders</li> <li>• Leader's left arm across their chest</li> <li>• 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</li> <li>• Weight is on left foot; right foot free to move</li> <li>• Leader and follower's foot steps are the same.</li> </ul>
<p>First 4 counts: Right heel hook (no movement along LoD)</p>	<ol style="list-style-type: none"> <li>1. Right heel touches forward</li> <li>2. Right foot hooks up in front of left calf</li> <li>3. Right heel touches forward</li> <li>4. Right foot returns along left foot – weight shifts to right foot</li> </ol>
<p>Second 4 counts: Left heel, right toe touches</p>	<ol style="list-style-type: none"> <li>1. Left heel touches forward</li> <li>2. Left foot replaces along right, and weight shifts to left foot</li> <li>3. Right toe touches backward (can bend body to emphasize)</li> <li>4. Right foot replaces along left – weight shifts to right foot</li> </ol>
<p>Third 4 counts: Left heel, right stomps 2x</p>	<ol style="list-style-type: none"> <li>1. Left heel touches forward</li> <li>2. Left foot replaces along right, and weight shifts to left foot</li> <li>3. Stomp right foot</li> <li>4. Stomp right foot but keep weight on left foot</li> </ol>
<p>Fourth 4 counts: Step pivot right foot 2x to make complete turn (no hands version)</p>	<ol style="list-style-type: none"> <li>1. Release both hands as step forward on right foot – weight on ball of right foot</li> <li>2. Pivot on both feet to face against LoD (you can only turn to the left without tripping yourself) – weight shifts to left foot</li> <li>3. Step forward on right foot (your foot is moving against LoD) – weight on ball of right foot</li> <li>4. Pivot on both feet to face LoD (you can only turn to the left without tripping yourself) – weight shifts to left foot</li> </ol> <p>At the end of the second pivot, reconnect hands (left to left, right to right) just above follower's shoulders. In reality, the reconnection completes on count 1 of next set</p>

<p>Fifth 4 counts: shuffle right, shuffle left (Couple moves forward along LoD)</p>	<p>Shuffle steps are syncopated – the count is “1 And 2” for three movements of the feet in two beats of music</p> <ol style="list-style-type: none"> <li>1. Slide right foot forward - 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</li> <li>2. Slide right foot forward – shift weight to right foot at end</li> <li>3. Slide 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</li> <li>4. Slide left foot forward – shift weight to left foot at end</li> </ol>
<p>Sixth 4 counts: Shuffle right, shuffle left (Couple moves forward along LoD)</p>	<p>Repeat the steps from the fifth 4 counts. This is the end of the pattern. 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</p>	<ol style="list-style-type: none"> <li>1. Right heel touches forward</li> <li>2. Right foot hooks up in front of left calf</li> <li>3. Right heel touches forward</li> <li>4. Right foot returns along left foot – weight shifts to right foot</li> </ol>

<p>Optional – harder version</p> <p>Fourth 4 counts: Step pivot right foot 2x to make complete turn (hands make windmill)</p>	<p>The following counts are executed as a smooth flow, resulting in the hands doing a windmill-like motion.</p> <ol style="list-style-type: none"> <li>1. Release left hands and raise right hands as step forward on right foot. As the follower steps forward, she is moving under the raised right hands.– weight on ball of both feet at end of step.</li> <li>2. Start Pivot on both feet to face against LoD (you can only turn to the left without tripping yourself) From the start of the pivot to halfway through the pivot, the right hands come down to waist high. Halfway through pivot, leader’s back will be towards follower’s front, right hands are waist high. At this point, reconnect left hands (at waist height or so) and drop right hands Lift connected left hands and complete pivot. Follower will move under raised left hands and both will be facing against LoD – weight shifts to left foot</li> <li>3. Leader moves his right hand forward to offer it (waist high) to the follower’s right hand as they step forward (against LoD). At the end of the step forward, both pair of hands are connected – the left hands high so the follower can turn under them and the right hands waist high in front of the follower. At the end of the step, weight is on balls of feet.</li> <li>4. Start pivot on both feet to face LoD (you can only turn to the left without tripping yourself) Halfway through the pivot, the follower’s back is to the leader’s front. The right hands are moving up to just above follower’s shoulders, while the left hands are coming down to just about the follower’s shoulders. When the pivot completes, couple is facing LoD with hands in their starting position at the beginning of the pattern. – weight shifts to left foot at end of pivot.</li> </ol>
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