Pokarekare Ana

CROSS ROCK - RECOVER - SIDE ROCK - RECOVER

1	Cross right forward (45 degrees left), (leaving left ball of foot on floor raising heel off floor)
2	Recover back onto left (lowering left heel to floor)
3	Step/rock right to right side (leaving left ball of foot on floor raising heel off floor)
4	Recover back onto left (lowering left heel)

CROSS ROCK - RECOVER - SIDE SHUFFLE TO RIGHT

5-6	Cross right (45 degrees left) over in front of left, recover back onto left
7&8	Shuffle to right side on right foot, (right-left-right)

CROSS ROCK - RECOVER - SIDE ROCK - RECOVER

1-2	Cross left (45 degrees right) over in front of right, recover back onto right
3-4	Step/rock left to left side, recover onto right

CROSS ROCK - RECOVER - SIDE SHUFFLE TO RIGHT

5-6	Cross left (45 degrees right) over in front of right, recover back onto right
7&8	Shuffle to left side on left foot, (left-right-left)

All the cross rocks and side rocks are done as described in the first 4 counts, this helps to keep the steps flowing rather than jerky movements - use plenty of hips

STEP LOCK STEP - STEP LOCK STEP - STEP ½ PIVOT - SAILOR

1-2&	Step forward on right, lock left behind right, step right next to left (&)
3-4&	Step forward on left, lock right behind left, step left next to right (&)
5-6	Step forward on right. ½ pivot to left, (weight over left foot)
7&8	Step right behind left, step left to left, step right in place (sailor)

DOUBLE KICK - STEP TOUCH - TOUCH PIVOT - TOUCH PIVOT

1-2	Kick left foot twice across the front of right foot
&3-4	Step left next to right (&), touch/tap right to right side, hold
&5-6	Touch right foot to side of left leg (&), step forward (45 degrees right) on right, pivot 1/8 to left
&7-8	Touch right foot to side of left calf (&), step forward (45 degrees right) on right, pivot 1/8 to left

Swing hips on the pivots

REPEAT