

# H. S. FRIDAY



**Count:** 32      **Wall:** 4      **Level:** beginner/intermediate

**Choreographer:** Sheila Still

**Music:** Howdy by The GrooveGrass Boyz



## **TOE, HEEL CROSSING SHUFFLE TWICE**

- 1-2                      Touch right toe to left instep, touch right heel to left instep
- 3&4                    Cross right over left, step left to left side, cross right over left
- 5-6                    Touch left toe to right instep, touch left heel to right instep
- 7&8                    Cross left over right, step right to right side, cross left over right

## **ROCK STEP, TRIPLE ½ TURN RIGHT, CROSS, BAC, CHASSE ¼ TURN LEFT**

- 9-10                    Rock forward on right, rock back onto left
- 11&12                  Triple step ½ turn right, stepping - right - left - right
- 13-14                  Cross left over right, step back right
- 15&16                  Step left to left side, close right beside left, step ¼ turn left

## **STEP ½ PIVOT, RIGHT SHUFFLE, LEFT ROCK, LEFT SAILOR SHUFFLE STEP**

- 17-18                   Step forward right, pivot ½ turn left
- 19&20                  Step forward right, close left beside right, step forward right
- 21-22                  Rock left to left side, rock weight onto right in place
- 23&24                  Cross left behind right, step right to right side, step left to place

## **CROSS HOLD, UNWIND ½ LEFT, CROSS HOLD, UNWIND ½ RIGHT**

- 25-26                   Cross right over left, hold
- 27&28                   Unwind ½ turn left, clap hands twice
- 29-30                   Cross left over right, hold
- 31&32                   Unwind ½ turn right, clap hands twice

## **REPEAT**