WALK 3, KICK; WALK BACK 2, TRIPLE
1 Step forward right
2 Step forward left
3 Step forward right
4 Kick left forward (or touch)
5 Back left
6 Back right
7&8 Triple step (l,r,l)

VINE RIGHT; VINE LEFT WITH A QUARTER TURN TO THE LEFT, BRUSHING RIGHT
1 Step right to the right
2 Step left behind right
3 Step right to the right
4 Touch left
5 Step left to the left
6 Step right behind left
7 Step left ¼ turn to the left
8 Brush right

CROSS ROCK RECOVER R, HOLD, CROSS ROCK RECOVER L, HOLD
1 Cross right over left
2 Recover weight to the left foot
3 Step right next to left
4 Hold
5 Cross left over right
6 Recover weight to the right foot
7 Step left next to right
8 Hold

TWO HEEL STEPS; TWO HEEL SPLITS
1 Touch right heel forward
2 Step right next to left
3 Touch left heel forward
4 Step left next to right
5 While raising up on the balls of both feet separate your heels
6 Return your heels to the floor
7 While raising up on the balls of both feet separate your heels
8 Return your heels to the floor

REPEAT

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