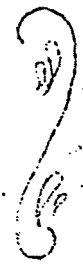


**POSITION:** Couples in ballroom position with lady's back to line of direction lady facing clockwise, man counterclockwise.

**PART 1:**  
**MAN:** Step forward on Left foot with a slight rock forward.  
Step backward on Right foot with a slight rock backwards.  
**LADY:** Step backwards on Right foot, then forward on Left foot.



Both now take 2 waltz steps around the ring, man starting on Left, Lady on Right foot, turning clockwise as they move counterclockwise around the circle. Note that the man should get into this waltz by taking a long step forward on his Left foot to get in front of his lady in preparation for the waltz turn. \*\*\*\*\*

Repeat the above sequence of 2 rocking steps and 2 waltz steps 3 more times or a total of four times all together. Finish in starting position.

**PART II. THE CROSS OVER STEP.**

**A.** **MAN:** Steps on his Left foot crossing it over Right, put full weight on Left foot (count 1, 2,3). Cross Right over Left (count 1,2,3,). Now Cross Left over Right, count 1. Step sideways to Right onto the Right foot Count 2. Step on Left behind Right foot, count 3. Point Right toe to side to the Right and hold for 3 counts.

**B.** Now cross Right foot over Left and put weight on it (count 1,2,3,) Cross Left foot over Right with weight on it (count 1, 2, 3) Cross Right foot over Left, count 1 Step to Left sideways on Left foot, count 2. Step on Right Foot behind Left, count 3 Point Left toe to Left side counts 1,2,3.



**LADY:** does exactly the same thing except she begins with Right foot. She does the steps as described in (B) above first, then as in (A).

Part 2 is repeated by both man and lady.

**REPEAT DANCE FROM BEGINNING:**

**TEACHING TECHNIQUE:** Line up dancers against one wall and stand with your back to them and teach the cross-over step first in both directions over and over until everyone has it. Then have them face partners and hold two hands and do the step by crossing over towards the wall. After this is mastered, assume ballroom position and do the steps in that position. Then they will be ready to dance in a circle.

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