INTRODUCTION

1-4 WAIT 1: HIP ROCKS 2 SLOWS; HIP ROCKS qqs; lady ROLL 3 to CENTER man FACE trans;
1 [WAIT 1] tandem fcng LOD right feet free man’s hnds on lady’s hips;
2 [Slow Hip Rock SS] Rk Sd R roll hip fwd & bk, -, rec L roll hip fwd & bk fc LOD, -;
3 [Hip Rocks QQS] Rk sd R roll hip fwd & bk, rec L roll hip fwd & bk fc LOD, rec sd R roll hip fwd & bk;
4 [Roll Xition SS (QQS)] Sd L,-, trn LF sd R fc COH jn lead hnds opn fcng, - (sd L strt LF trn, fwd R COH trn LF, bk L fc WALL,-);

PART A

1-8 HALF BASIC; CHANGE SIDES like a HOCKEY STICK; OPEN HIP TWIST to SHADOW man touch;
CUCARACHA CROSS; CRAB WALK 3; SHADOW FENCE LINE RECOVER FORWARD; UNDERARM ROLL;
SHADOW FENCE LINE RECOVER FORWARD;
1 [Half Basic] Fwd L, rec R, sd L trn RF to fc LOD hockey stick pos raise lead hnds;
2 [Hockey Stick End] Trn RF bk R, rec L, fwd R opn fcng fc Wall,- ;(fwd L undr lead hnds, fwd R trn LF, bk L,-);
3 [Open Hip Twist Xition QQ- (QQS)] Fwd L, rec R, tch L to R press hnd sight fwd to shdw fc WALL hnds to lady's waist,- (bk R, rec L, fwd R trn RF to shdw WALL,-);
4 [Cucaracha Cross] Press sd L, rec R, XLFIR shdw Wall,-;
5 [Crab Walk 3] Sd R toe out hips trn LF, trn hips RF thru L, hips trn LF sd R toe out shdw WALL,-;
6 [Shdw Fence Line] Ck fwd L DRW soften knee body erect extnd lft arms (lady both arms), rec R trn LF, fwd L shdw twrd LOD ln lf hnds,-;
7 [Underarm Roll] Fwd R DLW strt roll RF lady under lt hnds, fwd & sd L cont roll RF, sd R to man’s shdw fc COH,-;
8 [Shdw Fence Line] Ck fwd L DLC soften knee body erect extend trail arms fwd, rec R trn LF, fwd L man’s shdw twrd RLOD release lt hnds,-;

9-16 SPOT TURN A HALF & CROSS both face wall; SAMEFOOT WALKS;; lady SPOT TURN man
TRANSITION; CROSS BASIC lady SPIRAL;; CROSS BASIC lady SPIRAL;;
9 [Spot Turn & Cross] Fwd R raise hoth arms over head trn LF 1/2, rec L fc WALL in shdw, XRIFL in shdw jn lfhnds man’s right hnd to lady’s waist fc WALL mvng LOD,-;
10-11 [Samefoot Walks] Fwd & sd L, fwd R, fwd & sd L, - (lady sweeps rght arm up, over, & out ccw during walk to end out); fwd R, fwd & sd L, fwd R,- (lady sweeps right arm up, over, & out ccw during walk to end out);
12 [lady Spot Turn SS (QQS)] Fwd L trn RF lead lady to trn RF release hnds,-, rec sd R to bfly WALL,- (fwd L trn RF 1/4, rec R trn RF 1/4, sd L bfly RLOD,-);
13-14 [Cross Basic w/Spiral] Body trn RF fwd L sdcar, rec R, body trn LF sd & fwd L DLC spiral lady undr lead hnds,-; bk R toe in brng lady fwd, rec L body trn LF, sd & fwd R to bfly fc COH,-; (bk R, rec L, fwd R spiral LF under lead hnds; fwd L trn LF, fwd & sd R trn LF, sd & bk L to bfly RLOD,-);
15-16 [Cross Basic w/Spiral] Body trn RF fwd L sdcar, rec R, body trn LF sd & fwd L DRW spiral lady undr lead hnds,-; bk R toe in brng lady fwd, rec L body trn LF, sd & fwd R to bfly fc WALL,-; (bk R, rec L, fwd R spiral LF under lead hnds; fwd L trn LF, fwd & sd R trn LF, sd & bk L to bfly,-);

PART B

1-8 ALTERNATIVE BASIC; FENCE LINE & CURL; BACK WALK 3 & CHECK; WHEEL 3; WHEEL & WRAP; lady UNDERARM to FAN; HOCKEY STICK;;
1 [Alter Basic] Cl L, cl R, sd L to bfly fc WALL,- (cl R, cl L, sd R,-);
2 [Fence & Curl] Thru R LOD soften knee body erect extend arms to bfly, -, trn lady RF under led hnds to hammerlock pos sight rise lead hnds hi no wght chnge,- (thru L,-, swvl RF undr lead hnds to hammerlock sit line pos fc RLOD,-); 
3 [Back Walk CK] Hold hammerlock pos from curl bk L, bk R, bk L ckg,-;
4 [Wheel 3] Fwd R strt circle wlk both fwd RF, L, R hammerlock DRC,-;
5 [Wheel & Wrap] Cont wheel RF fwd L strt wrap lady LF, fwd R, fwd L wrapped DRW (fwd R trn LF undr lead hnds, fwd L trn LF, bk R fc DRW wrapped pos,-);
6 [Underarm to Fan] Release trail hnds fwd R trn RF strt lady under lead hnds, fwd L spin RF, sd R fan pos fc WALL,- (trn LF fwd L LOD undr lead hnds, fwd R trn LF to fc RLOD, bk L fc RLOD,-);
PART C

1-8 ALEMANA; CUDDLE twice; BACK BREAK; AIDA; SWITCH ROCK to a SPOT TURN;

ALEMANA Fwd L, rec R raise lead hnds, cl L; bk R, rec L, sd & fwd R to cuddle pos fc WALL; (cl R, fwd L, fwd R toe out start RF trn; fwd L brush rght ft trn RF, fwd R trn RF brush lft ft, trn RF sd L to cuddle pos;)

2 Cuddles Sd L slight body trn RF extend lft hnd up & out, rec R body trn LF, cl L cuddle pos WALL; sd R slight body trn LF extend rght hnd up & out, rec L body trn RF, cl R cuddle pos WALL; (trn RF sd & bk R extend rght arm out, rec L trn LF, fwd R smll stp swvl to cuddle pos; trn LF sd & bk L extend lft arm out, rec R trn RF, fwd L smll stp swvl to cuddle pos;)

Back Break Swvl LF (RF) bk L lead hnds out, rec R, fwd L trn RF (LF) "V" LOD jn lead hnds; (cl R, rec L, fwd R to cuddle pos fc WALL;)

Aida Thru R, fwd R slight cbsp tmn RF (LF), bk & sd R invert "V" pos fc RLOAD lead hnds up & out; (trn LF sd & bk L swvl L to cuddle pos;)

Switch Rock Trn LF (RF) rk sd L bfly, rec R, sd & fwd L to bfly WALL; (trn LF sd & bk R extnd R to bfly pos;)

Spot Turn Thru R trn LF (RF) 1/2, rec L trn LF (RF) 1/4, sd & fwd R bfly sdcar DRW; (trn RF sd & bk L swvl R to cuddle pos;)

9-16 CHECK lady DEVELOPE; FAN; START ALEMANA; lady SLOW SWIVELS man ROCKS; FINISH ALEMANA to a ROPE SPIN 1/2 man TURN FACE LINE; SIDE BREAK with lady’s UNDERARM in 4; SIDE WALK to BFLY;

Check Develope Ck fwd L in bfly scr DRW; strghtn rght knee slowly shape body to lft keep rght leg extendbk bk bhdn body, (ck bk R in bfly sc, raise lft knee, kick L to DLC & lower to R;)

Fan Thru R, rec L body trn rf, sd & fwd R fan pos fc WALL; (trh L, fwd R trn LF to fc RLOAD, bk L fcl ROLD;)

Alemana to Rope Spin Half to Lft Opn Fwd L, rec R raise lead hnds, cl L; (cl R, rec L, fwd R toe out RF trn;)

Slow Swivels SS Lwr lhds to bfly (lead lady fwd L to swvl LF) delayed rk R, rec L (lead lady swvl RF) raise lead hnds;

Alemana End to Rope Spin Bk & sd R, rec L, cl R fc Wall spiral lady RF undr lead hnds; press sd L hnds ovr head lead lady arnd CW, rec R trn LF, fwd L smll lft opn LOD; fwd L brush rght ft trn RF, fwd R trn RF brush lft ft, trn RF sd & fwd L spiral RF; fwd circle wlk arnd man CW R,L,R,- to lft opn LOD;)

Side Brk & Under in 4 QQQQ Rk sd R, rec sd L mve behnd lady raise lead hnds, XRIFL trn RF fc WALL, cl L fc WALL bfly (rk sd L, rec R strt LF undrarm trn, XLIFR trn LF, bk R to bfly fc COH;)

Side Walk sd R, cl L, sd R bfly WALL; (trn RF sd & bk R swvl L to bfly pos;)

END

1-2 SIT LINE & CURL; SIDE LUNGE & SHAPE;

Sit & Curl - (QQS) Lwr on R into inge line If ft to sd trail hnd out & slght up, rise on R raise lead hnds spiral lady undr LF to tndm Wall, (bk R, rec L, fwd R spiral LF undr lead hnds to fc Wall;)[note: now same foot free]

Side Lunge & Shape - Lunge sd L smlln knee, extnd lft hnds out (lady both hnds) slight body trn LF look DLW; (cl L, rec R, fwd R trn RF)

Sequence: Intro, A, B, C, End