



- 7 Step forward on left foot
- 8 Scuff right heel making a ¼ turn to left

### **CROSS OVER & SAILOR SHUFFLES**

- 1 Cross right foot over in front of left putting weight on right foot
- 2 Step slightly back on left foot
- 3 Right foot steps back at a 45 degrees angle crossing behind the left
- & Step to the left side with the ball of the left foot.

#### **The right foot lifts slightly**

- 4 Right foot steps slightly to the right
- 5 Left foot steps back at a 45 degrees angle, crossing behind the right
- & Step to the right side with the ball of the right foot.

#### **The left foot lifts slightly**

- 6 Left foot steps slightly to the left
- 7 Right foot steps back at a 45 degrees angle crossing behind the left
- & Step to the left side with the ball of the left foot.

#### **The right foot lifts slightly**

- 8 Right foot steps slightly to the right

### **STEP SLIDES AT 45 DEGREES ANGLE**

- 1 Step forward on left foot at 45 degrees angle to left
- 2 Slide right foot up to left foot
- 3 Step forward on left foot
- 4 Scuff right heel next to left foot
- 5 Step forward on right foot at 45 degrees angle to right
- 6 Slide left foot up to right foot
- 7 Step forward on right foot
- 8 Scuff left heel making a ¼ turn to right

### **CROSS OVER & SAILOR SHUFFLES**

- 1 Cross left foot over in front of right putting weight on left foot
- 2 Step slightly back on right foot
- 3 Left foot steps back at a 45 degrees angle crossing behind the right
- & Step to the right side with the ball of the right foot.

#### **The left foot lifts slightly**

- 4 Left foot steps slightly to the left
- 5 Right foot steps back at a 45 degrees angle, crossing behind the left
- & Step to the left side with the ball of the left foot.

#### **The right foot lifts slightly**

- 6 Right foot steps slightly to the right
- 7 Left foot steps back at a 45 degrees angle crossing behind the right
- & Step to the right side with the ball of the right foot.

#### **The left foot lifts slightly**

- 8 Left foot steps slightly to the left

### **REPEAT**

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