



## Step Descriptions - SECRET

### TOE HEEL TOUCH: (In this dance &1 OTS &2 BS)

T-H TCH SL  
L L R L  
& 1 & 2

### ROCK HEELS AND PULL:

R TCHH(F) R TCHH(F) R H(WGT DIAG) PULL-S  
L R R L L R L L  
& 1 & 2 & 3 & 4

### SPIDER: (In this dance 1 is a STO. Also move left or right as directed)

(P) S SK HOP H-S TT(BK) SL SK HOP H-S TT(BK) SL RS  
L R L R R L R L R L L R L RL  
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

### DOUBLE LONG JAZZ ROCK:

DS(OTS) DS(XIF) DS(BK) DS(OTS) DS(XIF) DS(BK) DS(OTS) RS  
R L R L R L R LR  
&1 &2 &3 &4 &5 &6 &7 &8

### UNCLOG:

STA-STO SK SL  
L L R L  
& 1 & 2

### MACNAMARA ROCK PIVOT:

BA(OTS) BA(XIB) BA(OTS) TCHH(OTS) BA(OTS) BA(XIB) BA(OTS) TCHH R H(WGT) PVT(R) S DS RS  
L R L R R L R L L R R L R LR  
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

### TURKEY TWISTY:

LIFT/DR H-FL(OTS) S(XIB) R S(XIF) R S(XIB)  
L /R L L R L R L R  
& 1 & 2 & 3 & 4

### HOP DOUBLE STEP:

(P) HOP DS  
L R  
& 1 & 2

### SAMANTHA HEEL PIVOT: (In this dance PVT 3/4R)

DS DS(XIF) DR S(BK) DR S(BK) R H(WGT) PVT(1/2 R) S DS RS  
L R R L L R L R R L R LR  
&1 &2 & 3 & 4 & 5 & 6 & 7 & 8

### WHIRLY:

DS DS(XIB) R S(OTS) [DR S-DR S-DR S] (3/4L) RS RS  
L R L R R L L R R L RL RL  
&1 &2 & 3 & 4 & 5 & 6 & 7 & 8

### PANCAKE:

DS TCH(XIF) H TCH(X) H [DS(XIB) RS] (1/4 L) DS DS RS  
L R L R L R LR L R LR  
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

### STOMP LOUISIANA STEP: (In this dance PVT 3/4 R on &7)

(P) [STO DS DS DS] (FWD) (P) S(BK) (P) S(BK) PVT(1/2 R) S(FWD) (P) S(FWD)  
L R L R L R R L R  
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

### JAZZ BOX:

T-H(OTS) T-H(XIF) T-H(BK) T-H(BS)  
L L R R L L R R  
& 1 & 2 & 3 & 4

### STOMP:

(P) STO  
L  
& 1

### MC STRUT:

H-FL(OTS) T-H(XIB) H-FL(F) H-FL(OTS) T-H(XIB) H-FL(F) H-FL(OTS) T-H(XIB)  
L L R R L L R R L L R R L L R R  
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8