

Step Definitions - Left & Right

HALF FLAT FOOTBALL:

DS TnUp-R S TnUp
L R R L R
&1 e&a2 & 3 e&a4

ROCK PULL BACK:

R S (BK) PULL-S (BS)
L R L L
& 1 & 2

FLAT ROCKER:

RS TnDn TnDn RS
LR L R LR
&1 &2 &3 &4

ROCK BEND IT OVER:

RS DT(XIB) FLA/S(XIB) (P) S(XIF)/FLA HD/BA LIFT/SL
RL R L /R L /R L/R L /R
&1 & 2 & 3 & 4

DEMIJOHN TURN: (In this dance 1/2L on beats 1-4 and 1/2L on beat '6&')

LIFT/DR S(BK) TnUp-TnDn T-BA H-S LIFT/DR
L/R L R R L L R R L /R
& 1 e&a2 e&a3 e & a 4 &

BA H-BA H-BA BA/BA(XIF PVT 1/2L) LIFT/H RS
L R R L L L /R L /R LR
5 e & a 6 & 7 &8

ROCK 'N' FLAP:

DS DS(XIB) R H-FL(OTS) S(XIB) R TCHH(F) R H-FL(OTS) S(XIB) RS
L R L R R L R R L RL
&1 &2 & 3 & 4 & 5 & 6 & 7 &8

TENNESSEE TRIPLE:

DS TnDn TnDn RS
R L R LR
&1 e&a2 e&e3 &4

FLAT CROSSOVER TAP TWO:

DS TnUp(XIF) TnUp(X) TT(XIB) TT(X)
L R R R R
&1 e&a2 e&a3 & 4

TRICKY DOWN TURN:

(P) STO DT SL DBL-BA DBL-BA(OTS) TCH DS TnDn(1/4 L) (P) [HOP-HOP] (3/4 R) S
R L R L L R R L L R L L R
& 1 & 2 &a 3 e& a 4 &5 e&a6 & 7 & 8

DOUBLE HEY RAY:

DS TnDn BA DBL-BA(BK) RS
L R L R R LR
&1 e&a2 & a3 e &4

DOUBLE & TENNESSEE DOWN:

DS TnDn
L R
&1 e&a2

NOTE: When dancing the DOUBLE & TENNESSEE DOWN the floor can be split into 2 groups. Group 1 does the 1st DOUBLE & TENNESSEE DOWN while group 2 waits, then group 2 does DOUBLE & TENNESSEE DOWN and group 1 waits.

FLAT ROCK PULL TURN:

R S(1/4 R) PULL-S TnDn TnDn R S(3/4 L) PULL-S TnDn RS
L R L L R L R L R R L RL
& 1 & 2 e&a3 e&a4 & 5 & 6 e&a7 &8

FLAT COWBOY DRAG BACK:

[DS TnDn TnDn TnUp(XIF)] (FWD) [DS(XIF) DR RS(XIF) DR RS(XIF)] (BK)
L R L R R LR R LR
&1 e&a2 e&a3 e&a4 &5 & 6& 7 &8

SHORT SWAYBACK TOE HEELS:

DS DT(XIF) H DT(X) H T-H(BK) R(BK) S T-H T-H
L R L R L R R L R L L R R
&1 & 2 & 3 & 4 & 5 & 6 & 7

TOE HEEL FLANGE:

T-H T(XIF) FLA/H(XIF)
L L R L /R
& 1 & 2