

# H. S. FRIDAY

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**Count:** 32      **Wall:** 4      **Level:** beginner/intermediate

**Choreographer:** Sheila Still

**Music:** Howdy by The GrooveGrass Boyz

## TOE, HEEL CROSSING SHUFFLE TWICE

- 1-2      Touch right toe to left instep, touch right heel to left instep
- 3&4      Cross right over left, step left to left side, cross right over left
- 5-6      Touch left toe to right instep, touch left heel to right instep
- 7&8      Cross left over right, step right to right side, cross left over right

## ROCK STEP, TRIPLE ½ TURN RIGHT, CROSS, BAC, CHASSE ¼ TURN LEFT

- 9-10      Rock forward on right, rock back onto left
- 11&12      Triple step ½ turn right, stepping - right - left - right
- 13-14      Cross left over right, step back right
- 15&16      Step left to left side, close right beside left, step ¼ turn left

## STEP ½ PIVOT, RIGHT SHUFFLE, LEFT ROCK, LEFT SAILOR SHUFFLE STEP

- 17-18      Step forward right, pivot ½ turn left
- 19&20      Step forward right, close left beside right, step forward right
- 21-22      Rock left to left side, rock weight onto right in place
- 23&24      Cross left behind right, step right to right side, step left to place

## CROSS HOLD, UNWIND ½ LEFT, CROSS HOLD, UNWIND ½ RIGHT

- 25-26      Cross right over left, hold
- 27&28      Unwind ½ turn left, clap hands twice
- 29-30      Cross left over right, hold
- 31&32      Unwind ½ turn right, clap hands twice

## REPEAT