

16 counts, start on the word "up" (8 secs)

**S1 STEP, LOCK, STEP LOCK STEP, WALK, ½ SAILOR, WALK**

- 1-2 Step forward on left, Lock right behind left  
3&4 Step forward on left, Lock right behind left, Step forward on left  
5-6&7 Walk forward on right, ½ left crossing left behind right, Step right to right side, Step forward on left [6:00]  
8 Walk forward on right

**S2 ½ BACK LOCK STEP, ½, FORWARD MAMBO, BACK, BACK, COASTER CROSS**

- 1&2 ½ right stepping back on left, Lock right over left, Step back on left [12:00]  
3 ½ right stepping forward on right [6:00]  
4&5 Rock forward on left, Recover on right, Step left next to right  
6-7 Walk back on right, Walk back on left  
8&1 Step back on right, Step left next to right, Cross right over left

**S3 ROCK & CROSS, R LOCK STEP, ¼, ¼, ¼**

- 2&3 Rock left to left side, Recover on right, Cross left over right  
4&5 Step forward on right diagonal, Lock left behind right, ⅛ right stepping forward on right (start to walk ¾ right) [9:00]  
6-7 ¼ right walking forward on left [12:00], ¼ right walking forward on right [3:00]  
8 ¼ right stepping left to left side [6:00]

**S4 SWAY R, L, R, L, ¼, ½, ¼, TOUCH**

- 1-2 Sway right, Sway left  
3-4 Sway right, Sway left angling body to left diagonal and pushing hips forward  
5-6 ¼ right stepping forward on right, ½ right stepping back on left [3:00]  
7-8 ¼ right stepping right to right side, Touch left next to right [6:00]

**S5 & CROSS/DIP, SIDE, CROSS/DIP, SIDE ROCK CROSS/DIP, SIDE, CROSS & CROSS**

- &1-2-3 Step left next to right, Cross right over left bending knees, Step left to left side, Cross right over left bending knees  
4&5-6 Rock left to left side, Recover on right, Cross left over right bending knees, Step right to right side  
7&8 Cross left over right, Step right to right side, Cross left over right

**S6 ROCK, ¼, KICK BALL STEP, OUT, OUT, IN, IN**

- 1-2 Rock right to right side pushing hips to right side, ¼ left stepping forward on left [3:00]  
3&4 Kick right forward, Step right in place, Step forward on left  
5-6 Step right forward on right diagonal pushing hips to right side, Step left forward on left diagonal pushing hips to left side  
7-8 Step right back to centre, Step left next to right

**S7 & WALK, WALK, ROCK, RECOVER, ¼ CROSS, SIDE, BEHIND SIDE CROSS**

- &1-2 Step slightly back on ball of right, Walk forward on left, Walk forward on right  
3-4 Rock forward on left, Recover on right  
&5-6 ¼ left stepping left to left side, Cross right over left, Step left to left side [12:00]  
7&8 Cross right behind left, Step left to left side, Cross right over left

**S8 SIDE ROCK & SIDE ROCK & WALK, ¼ PADDLE, ¼ PADDLE, STEP/FLICK**

- 1-2& Rock left to left side, Recover on right, Step left next to right  
3-4& Rock right to right side, Recover on left, Step right next to left  
5-6 Walk forward on left, ¼ left pointing right toe to right side [9:00]  
7-8 ¼ left pointing right toe to right side, Drop forward on to right flicking left back [6:00]

**Restart** On Wall 2 after 32 counts facing [12:00]

**Ending** Dance 63 counts of Wall 7 then ½ paddle left and step forward on right to finish facing [12:00]

**Note** Thank you to my son, Gerard, for suggesting this track. He is 10 years old today (1<sup>st</sup> October) Happy Birthday!