

- 1 Rock, recover ½, cross and heel, and together, knees Pop, and jump, Knees Pop**
1&2 Rock right to side, recover on left making a ½ to the right, step right to the right side
3&4 Cross left over Right, step right to the right side, touch left heel to the left diagonal
&5&6 Step left to left side, step right next left, pop both knees forward, recover to the normal position
&7&8 Step left to the left side, step right next left, pop both knees open, close both knees
- 2 Rock & Cross, Rock ¼ and Step, and Touch, Hitch Touch, Hitch Step ¼ , Hitch Touch Back**
1&2 Rock left to the left side, recover weight on right foot, cross left over right
3&4 Rock right to the right side, recover making a ¼ to the left, step right forward
&5&6 Walk left forward, touch right toe forward , hitch right knee, touch right toe back
&7&8 Hitch right knee making ¼ to the right, step right next left, hitch left knee, touch left toe back
- 3 And Heel, Hold, And Together, Hold, Out-Out, Hold, And Cross, Hold.**
&1-2 Step left next right, touch right heel forward, Hold
&3-4 Step right to the right side, Left foot next right, Hold
&5-6 Step right out, step left out, Hold
&7-8 Step left next right, cross right over left, Hold
- 4 Touch and Step, Cross Rock Recover ¼ , And Mambo step, And ½ big Step, Drag**
1&2 Touch left foot to left side, Touch left next right, Step left to the left side
3&4 Rock right over left foot, recover weight on left foot, ¼ right and step right forward
&5&6 Step left next right, Mambo right forward, recover weight on left foot, ½ right and step right forward
&7-8 Step left next right, Big step forward on right foot, Drag left next right and weight on left foot
Restart here ! Just the 1st wall
- 5 Side, Touch, ¼ Side, Touch, Walk, Walk, Touch, Coaster Step**
1-2 Step right to the right side, Touch left next right
3-4 ¼ left and left to the left side, Touch right next left (without weight)
5-6& Walk Right, Left, Touch right next Left
7&8 Step right back, Step left next Right, Step right forward
- 5 Walk, Walk, Rock Recover ½ , Full turn, ¼ & Heel Toe Drag**
1-2 Walk left, right
3&4 Rock left forward, recover weight on right foot, ½ left and step left forward
5-6 ½ left and step right back, ½ left and step left forward
7&8& ¼ left and right foot is going to swivel to right heel, toe, heel, toe whilst left leg drags slowly up to it
(You are moving to the right on the right foot as the left foot drags)
- 6 Sailor Step x2, Hold, Ball Touch, Hold, Ball Step**
1&2 Step left back right, step right to the right, step left to the left side
3&4 Step right back left, step left to the left side, step right forward
5&6 Hold, step right next left, step left forward
7&8 Hold, step left next right, step right forward
- 7 Rock Recover ½ ,Walk, Walk, Rock in Chair , Run x4**
1&2 Rock left foot forward, recover weight on right foot, ½ left and step left forward
3-4 Walk right, left
5&6& Rock right forward, recover weight on left foot, rock right back, recover weight on left foot
7&8& Run right, left, right, left

Don't Forget the restart on 1st wall after 32counts.

Hope that you enjoy this dance !