
Track: 4:40m - 128bpm

16 count intro

- Section 1** **Side, Back Rock/Recover, ¼ Turn Left, Full Turn Left, Pivot ½ Turn Left, Run Forward X 2, Forward Rock/Recover, Back**
- 1-2& Large step right to right side, back rock on left, recover forward on right
3 ¼ turn left stepping forward on left (9)
4& ½ turn left stepping back on right, ½ turn left stepping forward on left
5& Step forward on right, ½ pivot turn left (3)
6& Run forward on right, run forward on left
7-8 Rock/lean forward on right, recover back on left
& Small step back on right and to the right side
- Section 2** **Cross Rock/Recover, Side, Cross, Side, Back Rock/Recover, ¼ Turn Left, ½ Turn Left, Cross, Back, Back**
- 1&2 Cross rock left over right, recover back on right, step left to left side
&3 Cross right over left, large step to left side
4&5 Back rock on right, recover on left, ¼ turn left stepping back on right lifting left foot slightly up (12)
6&7 Run round ½ turn left (making ½ circle) stepping left, right, left, sweeping right out and forward (6)
8&1 Finishing sweep crossing right over left and turning to (4.30), step back on left, large step back on right dragging left to right
- Section 3** **Back, ½ Turn Right, Forward, Forward Rock/Recover, Toe Touch Back, ½ Turn Right, Forward Press/Recover, Sweep, Sailor Step**
- 2&3 Step back on left, ½ turn right stepping forward on right, step forward on left (10.30)
4&5 Rock forward on right, recover back on left, touch right toe back
6-7 ½ turn right taking weight on right and press forward bending right knee, bring weight back on left sweeping right out and back (4.30)
8&1 Cross right behind left, step left to left side, step right to right side straightening up to (3)
- Section 4** **Behind Side Cross, Side, Back Rock/Recover, Side Rock/Recover, Cross, Full Turn Left, Hitch, Side, Together**
- &2& Cross left behind right, step right to right side, cross left over right
3 Large step to right side
4& Back rock on left, recover forward on right
5& Side rock left, recover on right
6& Cross left over right, ¼ turn left stepping back on right (12)
7 Weight on right foot, slightly hitch left knee and ½ turn left (taking weight on left) (6)
8& ¼ turn left and step right to right side, step left next to right (3)