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- SECTION 1 CHASSE LEFT, BACK ROCK, ¼ TURN LEFT, ½ TURN LEFT, STEP, PIVOT ¼ TURN LEFT**
1&2 Step left to left side, close right beside left, step left to left side
3-4 Rock back on right, rock forward on left
5-6 Turn ¼ turn left stepping back on right, turn ½ turn left stepping forward on left
7-8 Step forward on right, pivot ¼ turn left (facing 12:00)
Easier option
5-6 Step right to right side, cross left behind right
7-8 Rock right to right side, recover weight on left
- SECTION 2 CROSS ROCK, CHASSE RIGHT, CROSS, SIDE, LEFT SAILOR ¼ TURN LEFT**
1-2 Cross rock right over left, rock back on left
3&4 Step right to right side, close left beside right, step right to right side
5-6 Cross step left over right, step right to right side
7&8 Sweep/cross left behind right turning ¼ turn left, step right beside left, step left slightly left
- SECTION 3 CROSS, POINT, CROSS, KICK, CROSS, BACK, RIGHT TRIPLE ½ TURN RIGHT**
1-2 Step right forward across left, point left toe out to left side (facing 9:00)
3-4 Step left forward across right, kick right diagonally forward right
5-6 Cross step right over left, step back on left
7&8 Right triple step in place turning ½ turn right stepping right, left, right (facing 3:00)
- SECTION 4 DIAGONAL ROCK STEPS (WITH HIP PUSHES), STEP, PIVOT ½ TURN RIGHT, LEFT SHUFFLE FORWARD**
1-2 Rock left diagonally forward left pushing hips forward, rock back on right pushing hips back right
3-4 Rock left diagonally back left pushing hips back, rock forward on right pushing hips forward right
5-6 Step forward on left, pivot ½ turn right
7&8 Left shuffle forward stepping left, right, left (facing 9:00)
- SECTION 5 FULL TURN LEFT (TRAVELING FORWARD), FORWARD ROCK, RIGHT COASTER CROSS, SIDE ROCK ¼ TURN RIGHT**
1-2 Turn ½ turn left stepping back on right, turn ½ turn left stepping forward on left
3-4 Rock forward on right, rock back on left
5&6 Step back on right, step left beside right, cross step right over left
7-8 Rock left out to left side, recover weight on right turning ¼ turn right (facing 12:00)
- SECTION 6 DIAGONAL SHUFFLE FORWARD, SIDE ROCK, RIGHT CROSS SHUFFLE, SIDE, HOLD & CLAP**
1&2 Left shuffle diagonally forward right stepping left, right, left
3-4 Rock right out to right side, recover weight on left (straighten up to 12:00)
5&6 Cross step right over left, step left to left side, cross step right over left
7-8 Step left to left side, hold and clap
- SECTION 7 ¼ TURN LEFT, HOLD & CLAP, STEP, PIVOT ½ TURN LEFT, RIGHT KICK-BALL-CROSS, SIDE ROCK**
&1-2 Step right beside left, turn ¼ turn left stepping forward on left, hold and clap
3-4 Step forward on right, pivot ½ turn left (facing 3:00)
5&6 Kick right forward, step ball of right beside left, cross step left over right
7-8 Rock right out to right side, recover weight on left
- SECTION 7 BEHIND, ¼ TURN LEFT, STEP, PIVOT ¾ TURN LEFT, CHASSE RIGHT, BACK ROCK**
1-2 Cross right behind left, turn ¼ turn left stepping forward on left
3-4 Step forward on right, pivot ¾ turn left
5&6 Step right to right side, close left beside right, step right to right side
7-8 Rock back on left, rock forward on right (facing 3:00)

REPEAT