
RIGHT HEEL STRUT, LEFT HEEL STRUT, ROCK FORWARD, ROCK BACK, RIGHT TOE STRUT BACK

1-2-3-4 Step right heel forward, drop right toe, step left heel forward, drop left toe
5-6-7-8 Rock right forward, recover on left, step right toe back, drop right heel

LEFT TOE STRUT BACK, RIGHT TOE STRUT BACK, ROCK BACK, ROCK FORWARD, STEP, HOLD

1-2-3-4 Step back left toe, drop left heel, step back right toe, drop right heel
5-6-7-8 Rock left back; recover on right, step left forward, hold

STEP RIGHT FORWARD, PIVOT ½ TURN LEFT WEIGHT ON LEFT, STEP RIGHT FORWARD, HOLD, STEP LEFT FORWARD, PIVOT ¼ TURN RIGHT WEIGHT ON RIGHT, STEP LEFT FORWARD, HOLD

1-2-3-4 Step right forward, ½ pivot left weight on left, step right forward, hold (facing 6:00)
5-6-7-8 Step left forward, ¼ pivot right weight on right, step left forward, hold (facing 9:00)

RIGHT 45, RIGHT BRUSH UP, RIGHT 45, FLICK, STEP, TOGETHER, STEP, HOLD

1-2-3-4 Right 45, brush right heel up, right 45, flick right heel out to side
5-6-7-8 Step right forward, step left together, step right forward, hold

Tag and restarts occur here

LEFT 45, LEFT BRUSH UP, LEFT 45, FLICK, STEP, TOGETHER, STEP, HOLD

1-2-3-4 Left 45, brush left heel up, left 45, flick left heel out to side
5-6-7-8 Step left forward, step right together, step left forward, hold

ROCK FORWARD, REPLACE, ½ TURN RIGHT ON RIGHT, HOLD, FULL TURN FORWARD LEFT, RIGHT, STEP, HOLD

1-2-3-4 Rock right forward, recover on left, ½ turn right step on right, hold (facing 3:00)
5-6-7-8 ½ turn right step left back, ½ turn right step right forward, step forward left, hold

STEP RIGHT, TOGETHER, STEP, HOLD, STEP LEFT, TOGETHER, STEP, HOLD

1-2-3-4 Step right forward, step left together, step right forward, hold
5-6-7-8 Step left forward, step right together, step left forward, hold

RIGHT SIDE, BEHIND, SIDE, TOUCH, LEFT SIDE, BEHIND, SIDE, TOUCH

1-2-3-4 Step right to side, cross left behind right, step right to side, touch left together
5-6-7-8 Step left to side, cross right behind left, step left to side, touch right next to left

TAG

On wall 1, dance to count 32 (facing 9:00) then add the following 32 counts:

1-8 Making a ½ turn right, step left, clap, step right, clap, step left, clap, step right, clap
1-8 Rock left forward, recover right, rock left back, hold, right sailor ¼ turn right, hold
1-9 (facing 6:00)
1-8 Making a ½ turn left, step left, clap, step right, clap, step left, clap, step right, clap
1-4 Rock left forward, recover right, rock left back, hold
5-8 Right sailor ¼ turn right, (ending with a touch right together instead of a step on right), hold (facing 3:00)

RESTART

On wall 5, replace the hold at count 32 with a step left together (facing 9:00) and restart the dance

TAG

On wall 7, dance to count 32, (facing 9:00) then add the following 4 counts:

1-4 Rock left forward, recover on right, rock left back, recover on right

Continue the dance beginning with the left 45, left brush up. The first tag is not necessary, but just feels good to do