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Sequence: A, B, B, A, A, B, B, A, B (Counts 1-16), B, A, A, B, B

## A pattern - Chorus

### 1-8 Out Out, Jump Together, Right Sailor Step with Flick, Cross

- 1-2 Step out with right foot, Step out with left foot,  
3-4 Jump on spot bringing feet together, Step right behind Left,  
5-6 Step left to left side, Step right to right side,  
7-8 Step left in place and flick right to right side (straight leg), Cross right over left

### 9-16 Side Touches, Behind Unwind ½ Turn, Forward Rock/Recover, Back Lock

- 1-2 Touch left to left side, Step left behind right  
3-4 Touch right to right side, Cross right behind left  
5-7 Unwind ½ turn right (keep weight on left), Rock forward on right, recover on left  
8& Step back on right, Step left next to right

### 17-24 Step and Dip, ¼ Dip, Forward Rock/Recover, Touch back ½ Turn

- 1-2 Step right to right side (with dip), Bring left in next to right  
3-4 Turn ¼ left stepping left to left side (with dip), Bring right in next to left  
5-6 Rock forward on right, recover on left  
7-8 Touch right toe back, Turn ¼ right (keeping weight on left)

### 25-32 Sailor Step, Behind Side, Jump x4

- 1&2 Step right behind left, Step left to left side, Step right to right side  
3-4 Step left behind right, Step right to right side  
5-8 Jump x4 on spot (weight must end on left)  
(If you don't fancy jumping bumping also works)

## B pattern – Verse

### 1-8 Brush Back and Forward, Touch Swivel, Coaster Cross with ¼ Turn

- 1-2 Brush right behind left, Brush right forward  
3&4 Touch right forward, Swivel right heel out then centre  
5&6 Step right back, Step left next to right, Cross right over left while turning ¼ right  
7-8 Step big step to left, Slide right next to left and touch beside left

### 9-16 Press with heel swivels, ½ Turn, Sailor Step, Slide Forward

- 1-2 Press right to right side (keep right heel lifted), Still leaning to right swivel right heel out  
3-4 Swivel right heel in, keeping weight over right turn ½ left sweeping left round  
5&6 Step left behind right, Step right to right side, step left to left side  
7-8 Step forward on right, slide left next to right

### 17-24 Knee Pop, Toe Switches ¼ Turn

- &1 Pop both knees out and in  
2&3 Touch right toe to right side, Bring right in next to left, Touch left toe to left side  
&4 Turn ¼ left bringing left next to right, Touch right toe to right side  
5-6 Turn ¼ right lifting right leg, Step back on right  
7&8 Step back on left, Step right next to left, Step forward on left

### 25-32 Press/Recover, Side Behind, Unwind 1/2, Coaster Step

- 1-2 Press right to right side, as recover hitch right foot up  
3-4 Step right to right side, Cross left behind right  
5-6 Unwind ½ turn left (weight on right), Step back on left  
7-8 Step right next to left, Step forward left