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- 1 - 2 Step to the right on right foot, rock left foot behind right
& 3 - 4 Rock forward onto right foot, step to the left on left side, rock right behind left foot
& 5 - 6 Rock forward onto left foot, step forward on right foot, pivot a 1/2 turn left
7 - 8 Step forward on right foot, pivot a 1/2 turn left
9 & 10 Right sailor step
11 & 12 Left sailor step
13 & 14 Cross right foot over left foot, rock back onto left foot, step right foot together
15 & 16 Cross left foot over right foot, rock back onto right foot, step left foot together
17 - 18 Rock forward onto right foot, rock back onto left foot
19 & 20 Make a 1/2 turn right as you shuffle on right, left, right
21 - 22 Step forward onto left foot, pivot a 1/2 turn right
23 - 24 Step forward onto left foot, make a full turn to the right on the ball of the left foot hooking right foot in front of left

25 & 26 Shuffle forward on right, left, right
27 - 28 Step forward on left foot, pivot a 3/4 turn to the right
29 - 30 Step a long step to the left on left foot, step right foot next to left
31 & 32 Touch left foot forward, bring left foot back in place, touch right heel forward
33 - 34 Step diagonally back to the right with right foot, slide left foot to the right as you do a right heel grind
& Step down onto right foot
35 - 36 & Repeat 33-34 & starting diagonally back on left foot
37 - 38 & Repeat 33- 34 &
39 - 40 & Repeat 35 36 &
41 - 42 Step to the right on right foot, step left foot behind right
43 & 44 Making a 1/4 turn right shuffle forward on right, left, right
45 - 46 Step forward on left foot, pivot a 1/2 turn to the right
47 & 48 Making a 1/2 turn right as you shuffle on left, right, left
& 49 Split both heels out moving slightly backwards, bring heels back inwards with left heel to right instep
& 50 Split both heels out moving slightly backwards, bring heels back inwards with right heel to left instep
& 51 Split both heels out moving slightly backwards, bring heels back inwards with left heel to right instep
& 52 Clap hands twice
& 53 Split both heels out moving slightly backwards, bring heels back inwards with right heel to left instep
& 54 Split both heels out moving slightly backwards, bring heels back inwards with left heel to right instep
& 55 Step left foot diagonally backwards to the left, step right foot shoulder width apart
& 56 Clap hands twice
57 & Rock forward onto right foot, rock back onto left foot
58 & Rock back onto right foot stepping back, rock forward onto left foot
59 - 60 Step forward onto right foot, make a 1/4 turn to the left
61 & 62 Kick right foot forward, step right foot next to left, step back onto left foot
63 - 64 Option 1 -- roll knees round to the left making a 1/4 turn left

Option 2 -- body roll a 1/4 turn to the left

REPEAT