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- 1 - 2 Step right to side, step left behind right
& 3 Step quickly onto right, cross left in front of right
& 4 Step back onto right, touch left heel forward
& 5 - 6 Step weight onto left. Walk forward right, left
7 - 8 Walk forward right, left
1 & 2 & Point right toe out, hitch right knee (turning 1/8 to left), point right out, hitch right knee (turning 1/8 to the left)
3 & 4 & Repeat beats 1&2&

/These are paddle turns with which you should turn 1/2 to the left

- 5 & 6 Kick right across left, step down onto right in front of left, touch left toe back
7 & 8 Kick left across right, step down onto left in front of right, touch right toe back
1 & 2 & Jump feet diagonally apart, right going forward, left going back. Bring right in while hitching left knee. Jump feet diagonally apart left going forward. Bring left in while hitching right knee. Turning a 1/4 turn right (this is running man with a 1/4 turn right)
3 & 4 Bump hips right, left, right, stepping right down
5 & 6 Hitch left knee in, put left down to left, bring right next to left
7 & 8 Hitch left knee in, put left down to left, touch right next to left
1 & 2 Shuffle forward right, left, right
3 & 4 Shuffle forward left, right, left
5 & 6 & Kick right across left. Replace. Kick left across right. Replace
7 - 8 Kick right across left. Kick right across left
1 - 2 Walk forward right, left
3 - 4 Walk forward right, left
5 - 6 Sweep right leg round 1/2 to left
& 7 & 8 Step back onto right. Touch left heel forward. Step onto left. Touch right in place. (this is a heel jack)
1 - 2 Point right to side, turn 1/4 right
3 - 4 Forward body roll, ending with weight on right
5 - 6 Point left forward, then to the side
& 7 & 8 Bring left next to right, point right to side, bring right together and point left to side
1 & 2 Left sailor step left, right, left
3 & 4 Right sailor step right, left, right
5 - 6 Step left 1/2 turn
7 & 8 Step forward left, twist heels left, right, replacing weight onto left.
1 & 2 Step right to side, slide left together, step right to side again.
3 & 4 Hold count 3, slide left together, step right to side
5 & 6 Hitch right knee, point out to side, turn 1/4 to right
7 & 8 Kick right forward, rock back onto right, recover on left

REPEAT