

**SYNCOPATED CROSSOVERS (MOVING LEFT); 1/2 TURN LEFT; SYNCOPATED CROSSOVERS (MOVING RIGHT)**

- 1 & 2 & Cross right over left, step left to left side, cross right over left, step left to left side  
3 & 4 Cross right over left, step left to left side, cross right over left  
& On ball of right, turn 1/2 left  
5 & 6 & Cross left over right, step right to right side, cross left over right, step right to right side  
7 & 8 Cross left over right, step right to right side, cross left over right

**RIGHT & LEFT SAILOR SHUFFLES; RIGHT KICK-BALL-CHANGE; RIGHT SHUFFLE FORWARD**

- 1 & 2 Right sailor shuffle  
3 & 4 Left sailor shuffle  
5 & 6 Right kick-ball-change  
7 & 8 Shuffle forward right-left-right

**STEP-PIVOT 1/4 RIGHT; LEFT SAILOR SHUFFLE; SYNCOPATED CROSS-BEHINDS ("SEVENS")**

- 1 - 2 Step forward on left; pivot 1/4 right (weight on right)  
3 & 4 Left sailor shuffle  
5 & 6 & Step right behind left, step left to left side, step right behind left, step left to left side  
7 & 8 Step right behind left, step left to left side, step right behind left

**LEFT & RIGHT SAILOR SHUFFLE; SYNCOPATED CROSS-BEHINDS ("SEVENS & THREES")**

- 1 & 2 Left sailor shuffle ("threes")  
3 & 4 Right sailor shuffle ("threes")  
5 & 6 & Step left behind right, step right to right side, step left behind right, step right to right side  
7 & 8 Step left behind right, step right to right side, step left behind right

**REPEAT**