

**Side Rock, Coaster Step, Forward Rock, Shuffle Half Turn**

- 1, 2 Rock Right to Right Side, Recover onto Left  
3 & 4 Step Right behind Left, Step Left to Left Side, Step Forward Right  
5, 6 Rock Left Forward, Recover onto Right  
7 & 8 Step Back on Left Making 1/4 Turn Left, Bring Right into Place Making 1/4 turn Left, Step Forward on Left

**1/2 Hinge Turn, Full Turn\*, Cross Step, Behind and Heel**

- 1, 2 Step Forward on Right making 1/4 turn Right, Step Left to Left Side making 1/4 turn Right  
3 & 4 Triple Full Turn Right stepping Right, Left, Right\*.  
5, 6 Cross Left over Right, Step Right to Right Side  
7 & 8 Cross Left behind Right, Step forward on Right, Left Heel Dig

\* If you dont like spins just do a standard Sailor Step

**Rock Forward, Chasse Right, Back Rock, Shuffle 1/4.**

- & 1, 2 Step Back on Left, Rock Forward on Right, Recover onto Left.  
3 & 4 Step Right to Right Side, Step Left Together, Step Right to Right Side  
5, 6 Rock Back on Left, Recover onto Right  
7 & 8 Step Left to Left Side making 1/4 Turn Left, Step Right next to Left, Step Left Forward

**Step Forward, Hip Bumps, Back Rock, Kick Ball Cross**

- 1, 2 Step Forward on Right, Bump Hips Forward  
3 & 4 Bump Hips Back, Bump Hips Forward , Bump Hips Back Stepping Down on Left  
5, 6 Rock Right Behind Left, Recover onto Left  
7 & 8 Kick Right Out, Step Down on Right, Cross Left over Right.