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- 1 Right Sailor, Quarter Coaster Step, Step Lock Step, Run, Run, Run**
1 & 2 Cross right behind left. Step left beside right. Step right to right side.
3 & 4 Step left foot back making a 1/4 turn to the left. Step right beside left. Step left foot forward.
5 & 6 Step right foot forward. Lock left foot behind right. Step forward on right.
7 & 8 Step forward left. Step forward right. Step forward left.
- 2 Touch x 2, Walk Back x 2, Touch Unwind, Jazz Box**
1 & 2 Touch right to right side. Bring feet together. Touch left to left side.
& 3 - 4 Bring feet together. Step back right. Step back left.
5 - 6 Touch right behind left. Unwind a 3/4 turn.
7 & 8 Cross left over right. Step right back. Step left to left side.
- 3 Lunge forward, Coaster Step, Pivot 1/4 turn, Cross Shuffle**
1 - 2 Press weight forward on right foot. Push weight back onto left foot.
3 & 4 Step right back. Step left beside right. Step right forward.
5 - 6 Step left forward. Pivot a 1/4 turn right.
7 & 8 Cross left over right. Step right to side. Cross left over right.
- 4 Heel switches, Pivot 1/4 turn, Mambo forward, Mambo back**
1 & 2 Touch right heel forward. Touch left heel forward.
3 - 4 Step right forward. Pivot a 1/4 turn left.
5 & 6 Rock right forward. Recover on left. Step right beside left.
7 & 8 Rock left back. Recover on right. Step left beside right.
- 5 Cross, Side, Behind, Side, Cross & Heel, Cross Shuffle, 1/4 rock & touch**
1 & 2 Cross right over left. Step left to side. Step right behind left.
& 3 & 4 Step left to side. Step right over left. Step left beside right. Touch right heel out.
& 5 & 6 Step right beside left. Cross left over right. Step right to side. Cross left over right.
7 & 8 Making a quarter turn left, rock right to right side. Recover on left. Touch right beside left.
- 6 Scuff x 2, Sway x 2, Bump hip x 3**
1 & 2 Scuff right forward. Step right beside left. Step left in place.
3 & 4 Scuff right forward. Step right beside left. Step left in place.
5 - 6 Sway hips from right to left.
7 & 8 & Step right forward bumping hips forward. Bump hips back. Bump hips forward. Bump hips back, swinging left leg round to start the sailor step.
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