

1 Step, rock, lock-shuffle, back, touch, lock shuffle

- 1 step Rf diagonally forward
2 - 3 rock Lf forward, recover on Rf
4 & 5 step Lf back, cross Rf over L, step Lf back
6 - 7 step Rf back, touch Lf beside R
8 & 1 step Lf forward, lock Rf behind L, step Lf forward

Step turn 1/4, cross shuffle, hip sways, wave

- 2 - 3 step Rf forward, turn 1/4 turn to L (weight on Lf)
4 & 5 cross Rf over L, step Lf to L side, cross Rf over L
6 - 7 step Lf to L side and sway hips to L, sway hips to R
8 & 1 cross Lf behind R, step Rf to R side, cross Lf over R

Side, slide, rock, touch, rock, turn 1/4, step turn 1/2

- 2 - 3 step Rf to R side, slide Lf towards R
4 & 5 rock Lf back, recover on Rf, touch Lf to L side
6 & 7 rock Lf back, recover on Rf, turn 1/4 turn to L and step Lf forward
8 - 1 step Rf forward, turn 1/2 turn to L (weight on Lf)

Lock shuffle, rock, turn 1/4 and sweep, sailor step

- 2 & 3 step Rf forward, lock Lf behind R, step Rf forward
4 - 6 rock Lf forward, recover on Rf at same time turn 1/4 turn to L and sweep Lf from forward to back
7 & 8 cross Lf behind R, step Rf to R side, step Lf to L side