

SAILOR SHUFFLE TRAVELING LEFT, JUMP, CROSS, UNWIND

- 1 Step right foot across behind left
& 2 Step left to left, stomp right beside left
3 & 4 Jump with feet apart, cross right in front of left, unwind
5 & 6 Repeat steps 1&2
7 & 8 Repeat steps 3&4

FORWARD ROCKS AT 45 DEGREE ANGLE

- 1 Step forward with right foot at a 45 degree angle crossing left
& 2 Step left in place, step right beside left
3 Step forward with left foot at a 45 degree angle crossing right
& 4 Step right in place, step left beside right

STEP 1/2 TURNS, SIDE ROCKS

- 1 - 2 Step forward with right, 1/2 turn left
3 & 4 Step right to right side, step left in place, step right beside left
5 - 6 Step forward with left, 1/2 turn right
7 & 8 Step left to left side, step right in place, step left beside right

STROLL WITH FULL SPIN

- 1 - 2 Step right to right, step left across behind right
3 & 4 Full spin turning right stepping right, left, right
5 - 6 Step left to left, step right across behind left
7 & 8 Full spin turning left stepping left, right, left

ROCK STEPS, SHUFFLE LEFT-RIGHT-LEFT SHUFFLE RIGHT-LEFT-RIGHT

- 1 & 2 Rock forward on right, step left in place, rock back on right
& 3 Step left in place, rock forward right
& 4 Step left in place, step right beside left
5 & 6 Forward shuffle left, right. Left
7 & 8 Forward shuffle right, left, right

TOE-HEEL CROSSES, JUMP TURN

- 1 & 2 Left toe-heel, cross left over right
3 & 4 Right toe-heel, cross right over left
5 & 6 Left toe-heel, cross left over right
7 Jump with feet apart
& Pivot 1/4 turn left on left leg with right leg bent at knee behind left
8 Touch down with right foot

BASKETBALL TURNS, KNEE POPS

- 1 - 2 Pivot on left 1/2 turn to left, pivot on left 1/2 turn to right
3 Pivot on left 1/2 turn to left
& 4 Jump with right across in front of left, jump with feet apart
5 & 6 Knee pops right, left, right
7 - 8 Knee pops left, right

REPEAT