

TOE & HEEL TOUCHES

- 1 - 2 Touch right heel forward, hold for one count
- 3 - 4 Touch right toe beside left foot, hold for one count
- 5 - 6 Touch right heel forward, touch right toe beside left
- 7 - 8 Touch right heel forward, touch right toe beside left

ARM THRUSTS, 1/4 TURN LEFT, COASTER STEP, SHUFFLE FORWARD

- 1 - 2 Keep elbows close to sides and arms bent making fists with palms facing up: thrust arms back twice
- 3 - 4 Step forward on right foot, pivot 1/4 turn left keeping weight on right
- 5 & 6 Step back on left, step back on right, step forward left
- 7 & 8 Step forward right, step left beside right, step forward right

TRIPLE STEP TURNING 1/2 RIGHT, ROCK STEPS, HIP BUMPS

- 1 & 2 Triple step- left, right, left making 1/2 a turn right
- 3 - 4 Rock back on right foot, rock on to left in place
- 5 - 6 Step right foot to right side while bumping hips to right side twice
- 7 - 8 Transfer weight on to left foot while bumping hips to left side twice

HIP BUMPS, CHASSE RIGHT WITH 1/4 TURN RIGHT, 1/4 TURN RIGHT AGAIN, TWO SWAYS

- 1 - 2 Transfer weight to right foot while bumping hips to right side twice
- 3 - 4 Transfer weight to left foot while bumping hips to left side twice
- 5 & 6 Step right foot to right side, step left beside right, step right foot 1/4 turn right
- 7 On ball of right foot make 1/4 turn right stepping left foot to left side and sway left
- 8 Transfer weight on to right foot and sway right

SHOULDER ROLLS

- 1 - 4 Roll right shoulder back twice, roll left shoulder back twice
- 5 - 8 Roll right shoulder back, left shoulder back, right shoulder back, left shoulder back

SAILOR STEPS, CROSS AND UNWIND 1/2 A TURN, COASTER STEP

- 1 & 2 Cross left behind right, step right to right side, step left to left side
- 3 & 4 Cross right behind left, step left to left side, step right to right side
- 5 - 6 Cross left foot behind right, unwind 1/2 turn left
- 7 & 8 Step back on right, step left beside right, step forward right

STEP 1/4 TURN RIGHT, DIAGONAL SLIDES FORWARD

- 1 - 2 Step forward on left, pivot 1/4 turn right
- 3 - 4 Step diagonally forward on right, slide left foot beside right
- 5 - 6 Step diagonally forward on left, slide right foot beside left
- 7 - 8 Step diagonally forward on right, slide left foot beside right

STEP FORWARD AND SLIDE, MONTEREY 1/2 A TURN, HEAD TURN

- 1 - 2 Step forward on left, slide right foot beside left
- 3 - 4 Touch right toe out to right side, on ball of left turn 1/2 right stepping right beside left
- 5 - 6 Touch left toe out to left side, step left beside right
- 7 - 8 Turn head sharply to look over left shoulder,, turn head sharply back to face front

REPEAT