
Sequence : A-B-C-C-A-B-C-C-A-B-A-A-Tag-B

Part A

Rock & Rock & Coaster Step, Rock & Rock & Coaster Step

- 1&2& Rock R forward, Recover on L, Rock R to right side, Recover on L
3&4 Step R back, Step L next to R, Step R forward
5&6& Rock L forward, Recover on R, Rock L to left side, Recover on R
7&8 Step L back, Step R next to L, Step L forward (12 o'clock)

Shuffle back, Shuffle ½ turn, Jazz Box

- 1&2 Step R back, Close L next to R, Step R back
3&4 Step L back, Close R next to L making ¼ turn to left, ¼ turn to left stepping L forward
5,6,7,8 Cross R over L, Step L back, Step R to right side, Step L forward (6 o'clock)

Dorothy R, Dorothy L, Step ¼ turn, Step ¼ turn

- 1,2& Step R to right diagonal, Lock L behind R, Step R slightly forward
3,4& Step L to left diagonal, Lock R behind L, Step L slightly forward
5,6 Step R forward, Pivot ¼ turn to left onto L
7,8 Step R forward, Pivot ¼ turn to left onto L (12 o'clock)

Mambo R side, Mambo L side, Camel Walks

- 1&2 Rock R to right side, Recover onto L, Step R next to L
3&4 Rock L to left side, Recover onto R, Step L next to right
5,6,7,8 Camel walks forward R, L, R, L (12 o'clock)

Part B

Long Step R, Long Step L, Rocking Chair, ¼ Cross Shuffle

- 1,2 Long step R to right diagonal (angle body slightly to left diagonal), Touch L next to R
3,4 Long step L to left diagonal (angle body slightly to right diagonal), Touch R next to L
5&6& Rock R forward, Recover onto L, Rock R back, Recover onto L
7&8 ¼ turn to right Crossing R over L, Step L to left, Cross R over L

Long Step L, Long Step R, Touch, Touch, Step, Touch-Touch Hitch 1/4

- 1-2 Long step L to left side (angle body slightly to right diagonal), Touch R next to L
3-4 Long step R to right side (angle body slightly to left diagonal), Touch L next to R
5,6& Touch L forward, Touch L back, Step L next to R (&)
7&8 Touch R forward, Touch R back, ¼ turn right Hitching R knee (6 o'clock)

Dorothy R ¼ turn, Dorothy L, Step, Heel twist, Heel twist, Knee pop

- 1,2& Step R to right diagonal, Lock L behind R, Step R next to L turning ¼ to right
3,4&5 Step L to left diagonal, Lock R behind L, Step L slightly forward, Step R to right side
&6 Lift and Twist L Heel out, Bring L Heel back to place
&7 Lift and Twist R Heel out, Bring R Heel back to place whilst closing R next to L
&8 Pop both Knees open (Heels lift slightly), Bring Knees back together (lowering Heels) (9 o'clock)

Mambo Forward, Mambo Back, Stomp, Shake ¼ turn

- 1&2 Rock R forward, Recover onto L, Step R slightly back
3&4 Rock L back, Recover onto R, Step L slightly forward Stomp R in place
6&7&8 Shake your body and bounce your heels on both feet whilst turning ¼ to right finishing with weight on R foot (12 o'clock)

Part C

Cross & Heel & Cross & Heel & Step, Hip Circle, Body Roll

- 1&2& Cross L over R, Step R to right side, Touch L heel to left diagonal, Step L next to R
3&4& Cross R over L, Step L to left side, Touch R heel to right diagonal, Step R next to L
5,6 Step L forward with hips forward, Circle Hip in anti-clockwise direction shifting weight onto R
7,8 Bend knees and Body Roll from knees to head over 2 counts (weight finishes on R)

Press, Kick, Coaster Step, ½ Swivel, Head turn, Heel Swivels

- 1,2 Press L forward, Recover onto R Kicking L forward
3&4 Step L back, Step R next to L, Step L forward
5,6 Swivel on both feet ½ turn round to right without turning head,
Turn head sharply ½ turn to right Swivel on both feet ½ turn round to left whilst
Twisting heels right-left-right (weight finishes on R)
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Step, Touch, Step-Touch, Step-Touch, Chasse Side, ½ Unwind L Step L to left diagonal, Touch R next to L

- &3 Step back R to right diagonal, Touch L next to R
&4 Step back L to left diagonal, Touch R next to L
5&6 Step R to right side, Step L next to R, Step R to right side
7,8 Lock L behind R, Unwind ½ turn to left finishing with weight on both feet slightly apart (6 o'clock)

Isolation Exercise: Head, Torso, Torso, Head, Hip Bumps L,R,L,R

- 1 Move head to left (without moving anything else)
2 Move torso to left (torso comes under head, but hips stay in place)
3,4 Move torso back in place, then move head back in place (Are you still alive ?)
5,6,7,8 Bump hips to left, right, left, right (6 o'clock)

*Note: When Part C finishes at 12 o'clock, the last 4 counts become 5,6,7&8 adding another hip bump to finish with weight on L.

TAG – 16 counts

With feet apart, Slow sideways Body Roll to right (from top of head going down) over 8 counts and then repeat to left also for 8 counts.