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- Section 1 Walk Walk Turn: Rock & Side: & Cross, Rock Recover: Cross Turn Turn**  
1,2 & Walk forward left, Walk forward right, Turn 1/2 right back on left sweeping right out (6:00)  
3 & 4 Rock right behind left, Recover on left, Step right to side  
& 5,6 & Step left next to right, Cross right over left, Rock left to side, Recover on right  
7 & 8 Cross left over right, Turn 1/4 left step back right, Turn 1/2 left step forward left (9:00)
- Section 2 Side, Rock Recover: Side, Rock Recover: 1/2 Turn Back : Step Lock Step Back :Sailor 1/4 Turn**  
1,2 & Step right to side, Rock left behind right, Recover on right  
3,4 & Step left to side, Rock right behind left, Recover on left  
5 Turn 1/2 left stepping back on right (3:00)  
6 & 7 Step back on left, Cross right over left, Step back on left  
8 & 1 Turn 1/4 right back on right, Step left to side, Step forward right (6:00)
- Section 3 Rock, Hook: Triple Full Turn: Side Rock Recover: Side Cross Side**  
2 & Rock forward on left, Recover hooking left in front of right  
3 & 4 Turn 1/4 left forward on left, Turn 1/2 left back on right, Turn 1/4 left forward on left  
5,6 & Step right to side, Rock left over right, Recover on right  
7 & 8 Step left to side, Cross right over left, Step left to side (6:00)
- Section 4 Rock Recover, Together: Turn Together Side: Cross Full Turn, Rock Recover: Cross Shuffle, Turn**  
1,2 & Rock forward on right, Recover on left, Step right next to left  
3 & 4 Turn 1/2 left step left to side, Step right with left, Step left to side (12:00)  
5,6 & Cross right over left Unwinding a full turn left on right, Rock left to side, Recover on right  
7 & 8 & Cross left over right, Step right to side, Cross left over right, Turn 1/4 left back on right (9:00)
- Section 5 Side Left: Triple 11/4 right: Triple 3/4 left: Pop Right, Left: Sailor 1/2 Turn**  
1 Step left to side, (prep body left ready for turn)  
2 & 3 Turn 1/4 right forward on right, Turn 1/2 right back on left, Turn 1/2 right forward on right (or 1/4 shuffle R) (12:00)  
4 & 5 Turn 1/4 left on left, Turn 1/4 left back on right, Turn 1/4 left step left to side(or 1/4 side shuffle L) (3:00)  
6,7 Lean to right dipping shoulder bending R knee, Straighten up dipping left shoulder  
8 & 1 Turn 1/4 right back on right, Turn 1/4 right step left to side, Step right to side (9:00)
- Section 6 Cross Sweep: Behind Side Touch: Rock & Rock: Rock Turn Step**  
2,3 Cross left over right, Sweep right from front to back  
4 & 5 Step right behind left, Step left to side, Touch right to left  
5 & 6 Rock right over left, Recover on left, Step right over left  
8 & (1) Rock forward on left, Recover on right,( Turn 1/4 left step forward left. 1st count of dance)(6:00)
- Sequence**  
Wall 1 Full Dance. Dance starts again at 6:00  
Wall2 Dance up to count 32&(section 4) Dance starts again at 3:00  
Wall 3 Full dance. Dance starts again at 9:00  
Wall 4 Dance up to count 32& (section 4) Dance starts a again at 6:00  
Wall 5 Full Dance. Dance starts again at 12:00  
Wall 6 Dance up to count 32& (section 4) Dance starts again at 9:00  
Wall 7 Dance up to count 327 (section 4) Dance starts again at 6:00  
Wall 8 Dance up to count 32& (section 4) To finish dance turn 1/4 left step forward left to face 12:00
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