

FORWARD, BACK, SHUFFLE TURN, FORWARD, BACK, SHUFFLE TURN

- 1 - 2 Rock forward diagonally on the left foot (towards 10:30), rock back on right foot (towards 4:30)
3 & 4 Make a 1/4 turn to the left stepping with left, step together with right, make a 1/4 turn to the left stepping with left (facing 4:30)
5 - 6 Rock forward on right (towards 4:30), rock back on left (towards 10:30)
7 & 8 Make a 1/4 turn to the right stepping with the right, step together with left, make a 3/8 turn to the right stepping with right

/You are facing the starting wall -- 12:00

ROCK FORWARD, BACK, BACK, HOLD & ROCK BACK, CENTER, SIDE, CENTER

- 1 - 2 Rock forward on left, rock back on right
3 - 4 Step back on left, hold
& 5 - 6 Step together with right, rock back on left, rock center on right
7 - 8 Rock to the left on the left, rock center on the right

CROSS, ROCK & CROSS, SIDE, CENTER, CROSS, ROCK & CROSS

/Travel slightly forward

- 1 - 2 Cross left over the right, rock right to the right
& 3 - 4 Rock center with the left, cross right over the left, rock left with the left
5 - 6 Rock center with the right, cross left over the right
7 & 8 Rock right to the right, rock center on the left, cross right over left

ROCK FORWARD, BACK, SHUFFLE TURN, TURN, POINT LEFT, CROSS (TOUCH), CENTER (TOUCH)

- 1 - 2 Rock forward on left, rock back on right
3 & 4 While shuffling left, right, left make 1/2 turn to the left (facing 6:00)
5 - 6 Make 1/4 turn to the left stepping down on right (facing 3:00), point left toe out to the left
7 - 8 Touch left heel in front of right (no weight change), touch left toe next to right

REPEAT

/When dancing to "Almost Jamaica", as the music starts to fade, you will be at the beginning of the pattern. Keep dancing and end on count 13. Step back on the left and hold as the music finishes fading.