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- 1 KICK OUT OUT, POP KNEES & CROSS, SIDE ROCK & CROSS, FULL TRIPLE TURN**
1 & 2 Kick right foot forward, step right to the right, step left to the left.
& 3 Pop both knees forward to left diagonal lifting both heels, return knees and place heels.
& 4 Step slightly back with left, cross step right over left.
5 & 6 Rock left to the left, recover onto right, cross step left over right.
7 & 8 (Travelling to the right) Make a full turn left stepping; right, left, right. (12 o'clock)
- Alternative: The FULL TRIPLE TURN can be replace with a SIDE CHASSE**
7 & 8 Step right to the right, close left up to right, step right to the right.
- 2 1/4 STEP, TOGETHER, LUNGE, HOOK, STEP LOCK STEP, STEP, 1/2 PIVOT, 1/4 TURN SIDE ROCK**
1 & Make a \hat{A} $\frac{1}{4}$ turn left stepping back with left, step right next to left. (9 o'clock)
2 Lunge forward onto left foot flicking right foot behind left leg.
3 Step back onto right hooking left across right.
4 & 5 Step forward with left, lock right behind left, step forward with left.
6 - 7 Step forward with right, pivot a \hat{A} $\frac{1}{2}$ turn left. (3 o'clock)
8 & Make a \hat{A} $\frac{1}{4}$ turn left rocking right to the right, recover onto left. (12 o'clock)
- 3 CROSS, SIDE, ROCK BACK, \hat{A} $\frac{1}{4}$ STEP, \hat{A} $\frac{1}{4}$ SIDE STEP, CROSS ROCK, \hat{A} $\frac{1}{4}$ STEP, \hat{A} $\frac{1}{4}$ SIDE STEP**
1 - 2 Cross step right over left, step left to the left.
3 & Rock back with right, recover onto left.
4 - 5 Make a \hat{A} $\frac{1}{4}$ turn left stepping back with right, make a \hat{A} $\frac{1}{4}$ turn left stepping left to the left. (6 o'clock)
6 & Cross rock right over left, recover onto left.
7 - 8 Make a \hat{A} $\frac{1}{4}$ turn right stepping forward with right, make a \hat{A} $\frac{1}{4}$ turn right stepping left to the left. (12 o'clock)
- 4 SAILOR STEP, BEHIND 1/4 TURN STEP, SAILOR 1/2 TURN, SAILOR 1/2 TURN**
1 & 2 Cross step right behind left, step left to the left, step right to the right.
& 3 - 4 Cross step left behind right, make a \hat{A} $\frac{1}{4}$ turn right stepping forward with right, step forward with left. (3 o'clock)
5 & 6 Make a \hat{A} $\frac{1}{2}$ turn right stepping; right behind left, left next to right, forward with right. (9 o'clock)
7 & 8 Make a \hat{A} $\frac{1}{2}$ turn left stepping; left behind right, right next to left, forward with left. (3 o'clock)
- TAG Danced once at the end of wall 7, facing 9 o'clock.**
1 & Rock forward with right raising left heel, recover onto left placing heel.
2 & Rock back with right raising left toes, recover onto left placing toes.
- Optional The heel and toe raising is completely optional.**
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