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- 1 Press. ¼ . Rock. Recover. Ball cross. Side. Rock. Recover. Shuffle ¼ left.**  
1-2 Press forward on left foot. Push back off right foot as you make ¼ left.  
3-4 Rock left to left side. Recover on right (use hips)  
&5-6-7 Step left beside right. Cross right over left. Rock left to left. Rock right to right.  
8&1 Step left ¼ left. Step right beside left. Step left forward.
- 2 ½ . ¼ . Rock. Recover. Side brush. Lunge. Heel drag. Behind. ¼ forward.**  
2-3 Make a sharp ½ turn right dropping weight onto right. Step left ¼ right.  
4&5 Cross rock right behind left. Recover on left. Brush right foot to right side, extending right leg. (3.00)  
6-7 Lunge/press over right foot. Push back on left dragging right heel towards left. (3.00)  
8&1 Cross step right behind left. Make ¼ left stepping left forward. Step right forward. (12.00)
- 3 Push. Back/kick. Coaster side. Touch. Side. Sailor ¼**  
2-3 Step/push forward on left. Step back right as you low kick left forward.  
4&5 Step back on left. Step back right. Step left to left side.  
6-7 Touch right beside left. Step right to right.  
8&1 Sailor ¼ left ending with left stepped to left side
- 4 Touch. Ball. Side. Touch. Ball. Forward. Touch. Step. Back. Coaster ¼ with flick**  
2&3 Touch right beside left. Step right beside left. Make a big step to left with left foot.  
4&5 Touch right beside left. Step right beside left. Make a big step forward with left foot.  
6&7 Touch right beside left. Step right beside left. Make a big step back with left.  
8&1 Make ¼ right stepping right back. Step left back. Step right forward as you flick left back.
- 5 ¼ hitch. Side. Sailor step. Sailor ¼. Full triple right.**  
2-3 Hitch left up as you make ¼ right on ball of right. Step left to left.  
4&5 Cross right behind left. Step left to left. Step right to right.  
6&7 Sailor ¼ left.  
8&1 Make a full triple right stepping R-L-R (or coaster step)
- 6 Out. Out. Touch ball cross. Sweep/sit. Kick ball rock.**  
2-3 Step left to left side. Step right to right side (use hips)  
4&5 Touch left beside right. Step left beside right. Cross step right over left.  
6-7 Sweep left from back to front & sit over right hip.  
8&1 Kick left forward. Step left beside right.  
\* **Restart here** - wall 2- see note below. Rock forward on right.
- 7 Recover. Step. Rock. Recover. Step. Switch & switch. Hitch ¼. Rock. Recover. Cross.**  
2&3 Recover on left. Step right beside left. Rock forward left.  
4&5 Recover on right. Step left beside right. Point right to right side.  
&6 Step right beside left. Point left to left side.  
7 Make ¼ left as you hitch left up.  
8&1 Rock left to left. Recover on right. Cross step left over right.
- 8 Unwind. Step back. Coaster step. Forward. Hitch. Rock back. Recover (press)**  
2-3 Unwind ¾ right. Step right back.  
4&5 Step back left. Step back right. Step forward left.  
6-7 Take a big step forward on right. Hitch left up.  
8&1 Rock back on left. Recover on right. (Press forward left to begin again)

**Restart:** wall 2 - facing the back.

- Out. Out. Touch ball cross. Sweep/sit. Kick. Touch (press)**  
2-3 Step left to left side. Step right to right side (use hips)  
4&5 Touch left beside right. Step left beside right. Cross step right over left.  
6-7 Sweep left from back to front & sit over right hip.  
8&(1) Kick left forward. Touch left beside right. Press forward on left foot – to begin the dance again
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