
24 count intro

1 SIDE SHUFFLE, BACK ROCK, SIDE SHUFFLE, BACK ROCK

- 1 & 2 Side shuffle to Right : R,L,R,
- 3,4 Step L back, rock fwd on R
- 5 & 6 Side shuffle to Left : L,R,L,
- 7,8 Step R back, rock fwd on L

2 SHUFFLE FWD, PIVOT TURN, PIVOT TURN, FWD, TOUCH

- 1 & 2 Shuffle fwd :R,L,R
- 3, 4,5,6 Pivot: Step L fwd, turn ½ R ,Pivot: Step L fwd, turn ½ R
- 7, 8 Step L fwd, touch R beside L

3 FRIEZE R ¼, FRIEZE L

- 1, 2, Step R to R side, step L behind R,
- 3, 4 Turn ¼ R step R fwd, scuff L beside R
- 5, 6, Step L to L side, step R behind L,
- 7,8 Step L to L side, touch R beside L

4 DOUBLE HIPS R, DOUBLE HIPS L, HIPS – R,L,R,L

- 1, 2 Step R to R side – push hips R, push hips R
- 3,4 Push hips L, push hips L
- 5, 6 Push hips R, push hips L
- 7,8 Push hips R, push hips L

Restart – walls 1 & 4

5 FWD, ROCK, ¼R FWD, ROCK, BACK, ROCK, SHUFFLE FWD

- 1,2 Step R fwd, rock back on L
- 3, 4 Turn ¼ R – step R fwd, rock back on L
- 5, 6 Step R back, rock fwd on L
- 7, 8 Shuffle fwd: R,L,R

6 FWD ROCK, ¼L FWD ROCK, ¼L FWD ROCK, COASTER STEP

- 1, 2 Step L fwd, rock back on R
- 3, 4 Turn ¼ L – step L fwd, rock back on R
- 5, 6 Turn ¼ L – step L fwd, rock back on R
- 7, 8 Coaster step: step L back, step R beside L, step L fwd

7 PIVOT TURN, SHUFFLE FWD, FWD, ¼ TURN R, CROSS SHUFFLE

- 1,2, Pivot turn: Step R fwd, turn ½ L (take weight on L)
- 3 & 4 Shuffle fwd: R,L,R
- 5, 6, Step L fwd, turn ¼ R taking weight on R
- 7 & 8 Cross shuffle L over R : L,R,L

8 FRIEZE R, FRIEZE L

- 1, 2, Step R to R side, step L behind R,
 - 3, 4 Step R to R side, touch L beside R
 - 5, 6, Step L to L side, step R behind L,
 - 7, 8 Step L to L side, stomp(up) R beside L (weight remains on L)
- (alternate count 5, 6, 7, 8 – rolling frieze L)**

RESTARTS :

WALL 1 – dance to count 32, restart facing 3.00

WALL 4 – dance to count 32, restart facing 12.00

ENDING : dance to count 31 then push hips Left making ¼ turn L
