

"He Rocks! He Kicks" - R Rock Forward & Recover, R Coaster Back, L Kick Forward, Heel Switches & Hook

- 1 - 2 Rock Right Foot Forward, Recover Weight On Left Foot
3 & 4 Step Right Foot Back, Step Left Foot Back, Step Right Foot Forward
5 & 6 & Kick Left Forward, Step Left Together, Touch Right Heel Forward, Step Right Foot Together
7 - 8 Touch Left Heel Forward, Hool Left Foot Across Right Leg

L Forward Shuffle, R Forward, L Toes Behind, L Back Shuffle, R Kick Ball Cross

- 1 & 2 Step Left Foot Forward, Stpe Right Foot Together, Step Left Foot Forward
3 - 4 Step Right Foot Forward, Touch Left Toes Behind Right Foot
5 & 6 Step Left Foot Back, Step Right Foot Together, Step Left Foot Back
7 & 8 Kick Right Forward, Step Right Foot Back, Cross Step Left Foot Over Right

Toe Steps Travelling R, L Cross Touch, L Side Touch

- 1 - 4 Touch Right Toe To Right Side, Drop Right Heel, Cross Touch Left Toes Over Right, Drop Left Heel
5 - 8 Touch Right Toes To Right Side, Drop Right Heel, Touch Left Toes Across Right Let, Touch Left Toes T Left Side

L Sailor Shuffle, Heel Twist L & R Turning 1/4 L, R Forward, 1/2 L Pivot Turn, R Forward Shuffle

- 1 & 2 Cross Step Left Foot Behind Right, Step Right Foot To Right Side, Step Left Foot Slightly Left
3 - 4 Twist Heels Left, Twist Heels Right Turing 1/4 Left (weight Ends Up On Left Foot)
5 - 6 Step Right Foot Forward, Pivot 1/2 Turn Left
7 & 8 Step Right Foot Slightly Forward, Step Left Foot Together, Step Right Foot In Place

Hip Bumps L X 2, R X 2, Syncopated Side-slide-together 2x, L To L Side, R Touch Together

- 1 - 4 Step Left Slightly To Left And Bump Hips Left X 2, Shft Weight To Right And Bumps Hips 2 X
5 & Step Left To Left Side, Slide Right Foot Together & Raise Left Heel Up (weight Ends Up On Right Foot)
6 & Step Left To Left Side, Slide Right Foot Together & Raise Left Heel Up (weight Ends Up On Right Foot)
7 - 8 Step Left Foot To Left Side, Touch Right Foot Together

R Side Rock & Recover, R Sailor Shuffle, L Sailor Shuffle Turning 1/4 L, R Forward, 1/2 L Pivot Turn

- 1 - 2 Rock Right To Right Side, Recover Weight On Left Foot
3 & 4 Cross Step Right Foot Behind Left, Step Left Foot To Left Side, Step Right Foot Slightly Right
5 & 6 Cross Step Left Foot Behind Right, Turning 1/4 Left Step Right Foot Back, Step Left Foot Slightly Forward
7 - 8 Step Right Foot Forward, Pivot 1/2 Left