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- Section 1 Right sailor, Left sailor, Right back rock recover, Right stomp forward, hold**
1 & 2 Cross right behind left. Step left to left side. Step right to place
3 & 4 Cross left behind right. Step right to right side. Step left to place
5, 6 Rock back on right, recover on left
7, 8 Stomp right foot forward, hold
- Section 2 And stomp, brush left forward, brush left back across right and brush left forward, left stomp, hold and stomp, right touch**
& 1 2 Step left beside right. Stomp right forward, brush left forward
3, 4 Brush left back across right, brush left forward
5, 6 Stomp left foot forward, hold
& 7, 8 Step right beside left, stomp left forward, touch right toe next to left
- Section 3 Side toe switches right and left, Forward heel switches right and left, and 2 x 1/4 paddles left**
1 & 2 touch right toe to right side. Step right beside left, touch left toe to left side
& 3 & 4 Step left beside right, tap right heel forward, step right beside left, tap left heel forward
& 5, 6 Step left beside right, step forward on right paddle 1/4 turn left on left
7, 8 step forward on right paddle 1/4 turn left on left
- Section 4 Right cross rock side hold, Left cross rock side scuff**
1,2,3,4 Cross rock right over left, recover onto left, step right to right side, hold
5,6,7,8 Cross rock left over right, recover onto right, step left to left side, scuff right across Left (Restart here wall 6 replace scuff with a touch and restart)
- Section 5 Cross back side, Left cross shuffle, right touch, right kick ball cross**
1,2,3 Cross step right over left, step left back, step right to right side
4 & 5 Cross left over right, step right to right side, cross left over right
6 Touch right toe next to left foot (restart here wall 3)
7 & 8 Kick right forward, step right beside left, step left across right
- Section 6 Sway right, left, right, left**
1,2,3,4 Step right to right side, sway right left right left
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