

48 beat intro

SECTION 1. FORWARD AND BACK STEPS. CLAP.

- 1,2: Step forward right. Step forward left.
3,4: Step back right. Step back left.
5,6: Step forward right. Step forward left.
7: Step back right.
8: Clap.

SECTION 2. CLAP. ROCKS. RIGHT AND LEFT FORWARD SHUFFLES.

- 1: Clap.
2,3: Rock back on left. Rock forward onto right.
4: Step forward left.
5&6: Step forward right. Close left beside right. Step forward right.
7&8: Step forward left. Close right beside left. Step forward left.
(Optional arms: Cross arms over chest and place hands on forearms on beats 5-8 of this section.)

SECTION 3. ROCK. $\frac{3}{4}$ TURN. WEAVE LEFT.

- 1,2: Rock forward on right. Rock back on left.
3&4: Shuffle a $\frac{3}{4}$ turn to the right by stepping right-left-right.
5,6: Step left to side. Step right behind left.
7,8: Step left to side. Step right across left.

SECTION 4. DIAGONAL ROCKS WITH $\frac{1}{4}$ TURN. $\frac{1}{2}$ TURN.

- 1,2: (facing diagonally forward left) Rock forward on left. Rock back on right.
(These two steps make up an $\frac{1}{8}$ of a turn left.)
3&4: (turning left slightly) Rock back on left. Rock forward on right.
(These two steps make up an $\frac{1}{8}$ of a turn left.)
(These four beats, when completed, should result in a $\frac{1}{4}$ turn left. You should now be facing the 6 o'clock wall.)
5,6: Step forward left. Swivel a $\frac{1}{2}$ turn right (weight transfers to right foot).
7,8: Step forward left. Hold.

SECTION 5. KICK BALL CROSS RIGHT. SIDE ROCK. RIGHT SAILOR STEP. HINGE TURN LEFT.

- 1&2: Kick right forward. Step right beside left. Cross left over right.
3,4: Rock right out to side. Recover on left.
5&6: Cross right behind left. Step left to left side. Step right in place.
7: Swivel on the ball of right foot to make a $\frac{1}{2}$ turn left, stepping onto left foot.
8: Step right in place.

SECTION 6. LEFT SWIVEL. ROCKS.

- 1, 2: Taking weight onto left heel and right toe swivel both toes to left. Return feet to centre.
3,4: Rock right back behind left. Step left in place.
5,6: Step right to side. Hold.
7,8: Rock left back behind right. Step right in place.

SECTION 7. STOMP. HEEL-TOE-HEEL SWIVELS. HEEL TAPS.

- 1: Stomp left in place.
2,3,4: Swivel heels left. Swivel toes left. Swivel heels left.
5,6: Tap right heel diagonally forward right. Step right in place.
7,8: Tap left heel diagonally forward left. Step left in place.

SECTION 8. TWO MONTEREY TURNS RIGHT.

- 1,2: Touch right to right side. On ball of left make $\frac{1}{2}$ turn right, stepping right beside left.
3,4: Touch left to left side. Step left beside right.
5,6: Touch right to right side. On ball of left make $\frac{1}{2}$ turn right, stepping right beside left.
7,8: Touch left to left side. Step left beside right.

RESTART: The restart occurs once only. Do the dance twice, then on the third time only dance up to the end of Section 4. When you have done this, restart the dance from the beginning and carry on as normal.

CHOREOGRAPHER'S NOTE: The arm movements in Section 2 are designed to copy Peter Kay's arm movements in the Comic Relief performance of this song, as it fits in with the lyrics "hugging my pillow".
