
Sequence: ABC ABC AB AA BA BA

Part A

1-8 Press, Together X4

- 1-2 Press forward on right foot, step right next to left
- 3-4 press forward on left foot, step left next to right
- 5-6 press right out to right side, step right next to left
- 7-8 press left out to left, step left next to right

9-16 Side Rock, Recover, Triple Turn. X2

- 1-2 rock right out to right, recover on left
- 3&4 make a 1/2 turn over right stepping right to right side, make 1/2 turn over right stepping left to left side, cross right over left
- 5-6 rock left out to left, recover on right
- 7&8 make a 1/2 turn over left stepping left to left side, make 1/2 turn over left stepping right to right side, cross left over right

17-24 Step, 1/2 Turn, Full Turn, Walks Forward

- 1-2 step forward on right, make a 1/2 turn to left stepping forward on left
- 3-4 make a 1/2 turn over left stepping back on right, make a 1/2 turn over left stepping forward on left
- 5-8 walk forward right, left, right, left

25-32 Heel Grind, Ball Step X4

- 1-2 Rock forward on Right heel as you grind heel, recover on left
- &3-4 step on ball of right next to left, rock forward on left heel as you grind heel, recover on right
- &5 step ball of left next to right, grind right heel forward
- &6 step on ball of right next to left, grind left heel forward
- &7-8 step on ball of left next to right, grind right heel forward, step right next to left

Part B

1-8 Side Jumps X8

- 1-2 hop to left, hop to right
- 3-4 hop to left, hop to left
- 5-6 hop to right, hop to left
- 7-8 hop to right, hop to right with weight ending on right

9-16 1/2 Paddle Or Chug Turns X2

- 1-4 make a 1/2 turn to right, stepping left, left, left, left
- 5-8 make a 1/2 turn to left stepping right, right, right, right

17-24 Heel Digs, Jumps Back, 1/2 Sailor

- 1-2 Rock forward on Right heel as you grind heel, recover on left
- &3-4 step on ball of right next to left, rock forward on left heel as you grind heel, recover on right
- 5-6 hop back twice ending with weight on right
- 7&8 make a 1/4 turn to left stepping left behind right, step together with right, make a 1/4 turn to left stepping forward on right

25-32 Heel Digs, Jump Back, Hold, Head Roll

- 1-2 Rock forward on Right heel as you grind heel, recover on left
 - &3-4 step on ball of right next to left, rock forward on left heel as you grind heel, recover on right
 - 5-6 hop back, hold
 - 7-8 (head circle) push head to diagonally forward to left and then around to the right until you are back to the forward position
-

Part C

1-8 Fingers To Shoulders, 1/4 Turn, Arm Hits, Push, Pull, 1/2 Out Out

- 1&2 Bring right fingertips to right shoulder with elbow out to right side,
bring left fingertips to left shoulder with elbow out to left side, make 1/4 turn pivot to left
- 3&4 Extend left arm straight out with closed fist, grab left wrist with right hand,
pull left arm into body bent at elbow
- 5-6 Punch forward underneath left wrist with right hand as you press forward on left foot,
pull right arm back as you recover on right foot
- 7&8 Make 1/4 turn left stepping together with left, make 1/4 turn left stepping right to right side,
step left out to left

9-16 Head Turn X2, Lean Back, Pull, Step, Out, With Arm Hits, Hip Bumps

- 1&2 look left, return head to neutral, look left
- 3-4 step back on right as you lean back punching forward crossing left arm over right,
step forward on left as you pull arms toward either side bent at elbows
- 5&6 Step right out to right side as you hit right hand to right thigh,
step left out to left side as you hit left hand to left thigh, throw right arm down behind right hip
- 7-8 Bring both arms up extended out palms facing forward with left palm on back of right hand
while also thrusting hips forward for counts 7-8

17-24 Side, Kick, Sailor Touch X2

- 1-2 step right to right, kick left out to left with a flexed foot
- 3&4 step left behind right, step right to right, touch left to right
- 5-6 step left to left, kick right to right with a flexed foot
- 7&8 step right behind left, step left to left, touch right to left

25-32 1/4 Step, Ball Push With 1/4, Side With 1/2, Head Roll

- 1-2 make 1/4 turn right stepping forward on right, slide left foot into right
- 3-4 press down on ball of left foot as you slide right foot back,
take weight to right foot as you make 1/4 turn right
- 5-6 make 1/4 turn right sliding left foot into right,
make 1/4 turn right sliding left out to left side and ending with weight even
- 7-8 (head circle) push head to diagonally forward to left and then around to the right
until you are back to the forward position