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- 1 BALL-WALK, WALK, OUT-OUT-IN-STEP, STEP, FULL TURN R WITH SWEEP, SAILOR STEP**
& 1, 2 LF step slightly back on ball, RF step forward, LF step forward
& 3 & 4 RF step side right, LF step side left, RF step back to centre, LF step slightly forward
5, 6 & 7 RF step forward, LF step forward, RF 1/2 Turn right, step forward, LF 1/2 Turn right, step back, sweep RF back
8 & 1 RF cross behind LF, LF step side left, RF step side right and slightly forward
- 2 STEP-1/4 TURN R-CROSS, 1/4 TURN L, 1/4 TURN L, CROSS ROCK, SIDE WITH DRAG, BACK ROCK-SIDE**
2 & 3 LF step forward, RF 1/4 Turn right, step side right (3:00), LF cross over RF
4 & 5 & 6 RF 1/4 Turn left, step back, LF 1/4 Turn left, step side left (9:00), RF cross over LF, LF recover
7 & 8 LF cross behind RF, RF recover, LF step side left
- 3 CROSS ROCK-SIDE R + L, CROSS, FULL UNWIND, SWEEP, SAILOR STEP**
1 & 2 RF cross over LF, LF recover, RF step side right
3 & 4 LF cross over RF, RF recover, LF step side left
5, 6 RF cross over LF, RF full unwind left, sweep LF behind RF
7 & 8 LF cross behind RF, RF step side right, LF step side left and slightly forward
- 4 TOUCH, STEP, 1/2 TURN L, TOUCH, STEP, FULL TURN L, TRIPLE FULL TURN L (ALTERNATIVE: SHUFFLE FWD.)**
1, 2 RF touch forward, bumping right hip forward, RF step forward
& 3, 4 RF 1/2 turn left, LF touch forward, bumping left hip forward (3:00), LF step forward
5, 6 RF 1/2 Turn left, step back, LF 1/2 Turn left, step forward
7 & 8 RF 1/2 Turn left, step back, LF 1/2 Turn left, step forward, RF step forward
Option: R SHUFFLE FWD.
7 & 8 RF step forward, LF step next RF, RF step forward

Have fun and enjoy the dance!
