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- Section 1 Side, Rock Back, Recover, Side: Behind: Side, Back Rock, Recover, Step: Full Turn: Sweep Turn**
- 1,2 & 3 Step left to side(1) Rock right behind left(2) Recover on left(&) Step right to side(3)
4 Step left behind right(4)
5,6 & 7 Step right to side(5) Rock left behind right(6) Recover on right(&) Step forward on left(7)
8 & 1 Turn 1/2 left back on right(8) Turn 1/2 left forward on left(&) Turn 1/2 left on left sweeping right out(1)(6:00)
- Section 2 Cross Rock, Recover: Back Step Lock Step: 1/2 Turn: Spiral Turn: Rock, Recover, Turn Cross**
- 2 & Rock right across left(2) Recover on left(&)
3 & 4 Step back on right(3) Cross left over right(&) Step back on right(4)
5 Turn 1/2 left forward on left(5)(12:00)
6 & 7 Step forward on right(6) Turn a full turn left on ball of right hooking left across right(&) Step forward on left(7)(12:00)
& 8 & Rock forward on right(&) Recover on left with 1/4 turn left(8) Cross right over left(&)(9:00)#
- Section 3 Step Side, Point Hitch: Side, Drag: 3/4 Triple Turn: Sailor 1/2 Turn**
- 1,2 & Step left to side(1) Point right to side(2) Slide right to left into right hitch(&)
3,4 Step right to side(3) Drag left towards right(4)
5 & 6 Turn 1/4 left forward on left(5) Turn 1/2 left back on right(&) Step left to side(6)(12:00)
7 & 8 Step right behind left(7) Turn 1/4 right back on left(&) Turn 1/4 right step forward on right (8)(6:00)
- Section 4 Cross: Rock recover:Cross shuffle:Rock, Turn Recover:Mambo Turn**
- 1,2 & Cross left over Right(1) Rock right to side(2) Recover on left (&)
3 & 4 Cross right over left(3) Step left to side(&) Cross right over left(4)
5,6 & Rock left to side(5) Turn 1/4 left recover on right(6) Step left with right(&)(3:00)
7 & 8 Rock forward on right(7) Recover on left(&) Turn 1/2 right step forward on right(8)(9:00)
- Restarts Section 2 #**
- & 8 & Restart on count 16& on wall 4(12:00) and wall 7 (3:00)
- Sequence 32, 32, 32, 16, 32, 32, 16, 32, 32**
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