

SAILOR SHUFFLE, SAILOR SHUFFLE WITH 1/2 LEFT, SHUFFLES FORWARD

- 1 & 2 Step left foot crossed behind right foot, step right foot to right side, step left foot back to center
3 & 4 Step right foot crossed behind left foot, step left foot to left side, step right foot back to center
5 & 6 Cross-step left foot over right foot turning 1/4 to right, rock back on right foot, step left foot home turning 1/4 left (facing front)
7 & 8 Cross-step right foot over left foot turning 1/4 to left, rock back on left foot, step right foot home turning 1/4 right (facing front)

SAILOR SHUFFLE, SAILOR SHUFFLE WITH 1/2 LEFT, CROSS-STEP, TOUCH, CROSS-STEP, TOUCH (FACING DIAGONALLY RIGHT THEN LEFT)

- & 1 - 2 Step left foot to left, step right foot to right, hold and clap hands
& 3 - 4 Step left foot to center, tap right foot next to left foot, hold and clap hands
5 - 7 Prance forward right-left-right (with attitude, lifting knee with each step)
8 Prance forward touching left foot to floor (weight remains on right foot)

HEEL ROCK FORWARD, RECOVER, SIDE SHUFFLE RIGHT, HEEL ROCK TO RIGHT DIAGONAL FORWARD, RECOVER, ROCK BACK, RECOVER

- 1 & 2 Back shuffle left-right-left
3 & 4 Back shuffle right-left-right
5 - 6 Step left foot forward, pivot 1/2 to right on left foot and step down on right foot (right foot is forward)
7 - 8 Repeat steps 5-6

HEEL ROCK FORWARD, RECOVER, SIDE SHUFFLE LEFT, HEEL ROCK TO LEFT DIAGONAL FORWARD, RECOVER, ROCK BACK, RECOVER

- & 1 - 2 Slide ball of left foot behind right foot, step right foot forward, hold
& 3 - 4 Slide ball of left foot behind right foot, step right foot forward, touch left foot forward
5 - 6 Roll hips in a circle to the left changing weight to left foot then right foot
7 - 8 Roll hips in a circle to the left changing weight to left foot then right foot

ROCK FORWARD, RECOVER (3X), ROCK BACK, RECOVER

- 1 - 2 Step left foot forward, pivot 1/2 to right on left foot and step down on right foot (right foot is forward)
3 - 4 Repeat steps 1-2
5 - 6 Tap left foot to left side, step left foot to center and tap right foot to right side
7 - 8 Step right foot to center and touch left heel forward, touch left toe next to right foot

REPEAT