

PART A

FULL TURN TO RIGHT, ½ TURN TO LEFT WITH ARM MOVEMENTS, ¾ TURN TO LEFT

- 1 Turn ¼ over right and step forward on right foot
- 2 Turn ¼ over right and step to the side with left foot
- 3 Turn ½ over right and step to the side with right foot
- 4 Hitch left foot knee up
- 5 Turn ¼ over left and step forward on left foot
- 6 Turn ¼ over left and step to right with right foot
- 7 Hock left foot behind right foot
- & Turn ¾ over left and step forward on left foot, ball of feet
- 8 Spot head to left (21:00 clock)

Arm movement:

- 4 Point right hand to the right
- 5 Right fist up, left fist against right elbow
- & Left fist up, right fist against left elbow
- 6 Right arm out, left fist in front of chest
- 7 Right arm over your head
- 8 Point right hand forward

HEEL SWIVEL, BODY ROLL, KICK AND OUT, LOOK TO RIGHT

- & Swivel left foot heel to left
- 1 Swivel left foot heel to the inside
- & Swivel left foot heel to left
- 2 Swivel left foot heel to the inside
- 3-4 Make body roll and step forward on right foot
- 5 Kick left foot forward
- & Left foot next right foot
- 6 Step out to right on right foot
- 7 Arm movements
- 8 Put left foot on the toes (like pressure step, but keep weight on right foot), spot head to right

Arm movement:

- & Right arm to the front
- 1 Right arm back (next to body)
- & Right arm front
- 2 Right arm back (next to body)
- 7 Make a circle with right hand, clock wise
- & Point right hand to right

FULL TURN, SAILOR STEP, SAILOR STEP

- 1 Turn ¼ over left and step forward on left foot
- 2 Turn ¼ over left and step right foot to right
- 3 Turn ½ over left and step out on left foot to left
- 4 Spot head to left, while doing this turn upper body to left
- 5-6 Sailor step start with left foot
- 7-8 Turn ¼ and make sailor step start with right, facing 12:00

½ STEP TURN OVER RIGHT, 4/4 TURN OVER RIGHT, ARM MOVEMENTS

- 1 Step forward on left foot
- 2 Turn ½ over right
- 3 Turn ¼ over right and step out on left foot
- 4 Turn ½ over right and step right foot to right
- 5 Step left foot on spot
- 6-7-8 Arm movements

Arm movements:

- 5 Both arms slap on both legs downwards
 - & Both arms slap on both legs upwards
 - 6 Right fist up and left fist against right elbow
 - 7 Put right arm on left arm
 - & Roll right arm under left arm and put it forward
 - 8 Put right fist up
 - & Both arms next to your body and start again
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PART B

FULL TURN RIGHT, FULL TURN LEFT

- 1 Turn $\frac{1}{4}$ over right and step forward on right foot
- 2 Turn $\frac{1}{4}$ over right and step to left on left foot
- 3 Turn $\frac{1}{2}$ over right and step out to right on right foot
- 4 Touch left foot backwards right foot and look to right
- 5 Turn $\frac{1}{4}$ over left and step forward on left foot
- 6 Turn $\frac{1}{4}$ over left and step out to right on right foot
- 7 Turn $\frac{1}{2}$ over left and step out on left foot to left
- 8 Touch right foot backwards left foot and look to left