

- 1. 2 Skates R,L, side slide, ¼ turn left 2 skates L,R, side slide**  
1-2 Skate forward right, skate forward left  
3-4 Large step right to right side, slide left in  
5-6 Making ¼ turn left skate left forward, skate right forward  
7-8 Large step left to left side, slide right in
  
  - 2. 4 Slow heel bounces full turn left**  
1-2 Raise heels up, turn ¼ left heels down  
3-8 Repeat 3 times.  
Optional arm movements: slap front of thighs on second beat X4  
Or swing arms clockwise at elbow level on first count, point to left side on second.  
Or swing arms anticlockwise.
  
  - 3. 2 Skates L,R, side slide, ¼ turn right 2 skates R,L, side slide**  
1-2 Skate forward left, skate forward right  
3-4 Large step left to left side, slide right in  
5-6 Making ¼ turn right skate right, skate left forward  
7-8 Large step right to right side, slide left in
  
  - 4. 4 Slow heel bounces full turn right**  
1-2 Raise heel up, turn ¼ right, heels down  
5-8 Repeat 3 times  
Remember arm movements
  
  - 5. Side-behind & heel jack & cross, side rock, ½ turn sailor**  
1-2 Step right to side, step left behind  
&3 Step right back, touch left heel forward  
&4 Step left beside right, cross step right over left  
5-6 Rock left to side, recover  
7&8 Step left behind, step right ¼ turn left, step left to side ¼ turn left
  
  - 6. & Step, 2 walks, forward shuffle, toe strut, kick ball step**  
&1-2 Step right behind left, step left forward, step right forward  
3&4 Step left forward, step right behind, step left forward  
5-6 Touch right toe forward, step down  
7&8 Kick left forward, step beside right, step right forward
  
  - 7. & Step, forward, ½ pivot left, forward shuffle, toe strut, kick ball step**  
& 1-2 Step left behind right, step right forward, pivot ½ turn left  
3&4 Step right forward, step left behind, step right forward  
5-6 Touch left toe forward, step down  
7&8 Kick right forward, step beside left, step left forward
  
  - 8. &Step, forward ¼ pivot, behind-side-cross, side behind, right heel ball cross**  
&1-2 Step right behind left, step left forward, pivot ¼ turn right  
3&4 Step left behind, step right to side, cross step left over right  
5-6 Step right to side, step left behind  
7&8 Touch right heel forward, step beside left, cross step left over right
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