

RIGHT SAILOR, BALL STEP, STEP TOGETHER, RIGHT CHASSE, ROCK RECOVER

- 1&2 Step right behind left, step left beside right, step right to right side
&3-4 Step left beside right, step right to right side, step left beside right
5&6 Step right to right side, step left beside right, step right to right side
7-8 Rock left forward, recover right

BALL STEP FORWARD, ½ TURN LEFT, STEP TOUCH, SHOULDER ISOLATIONS

- &1-2 Step left beside right, step forward right, ½ turn pivot left keeping weight on left
3-4 Step forward right, touch ball of left forward (both knees slightly bent)
5 Push right shoulder forward and left shoulder back,
6 Push left shoulder forward and right shoulder back
7-8 Repeat counts 5-6 (arms are out to side during shoulder isolations)

JAZZ BOX ¼ LEFT, TOUCH, FORWARD RIGHT SHUFFLE, FULL TURN RIGHT

- 1-2 Turning ¼ left, cross left over right, step back on right
3-4 Step left to left side, touch right beside left
5&6 Step forward right, step left beside right, step forward right
7-8 Turn ½ right stepping back on left, turn ½ right stepping forward right

¼ TURN RIGHT, CROSS SHUFFLE, STEP TOUCH, STEP TOUCH

- 1-2 Step forward left, ¼ right pivot stepping right to right side
3&4 Cross left over right, step right to right side, cross left over right
5-6 Step right to right side, touch left beside right
7-8 Step left to left side, touch right beside left

ROCK RECOVER, RIGHT COASTER, LEFT ROCK AND TOUCH, LEFT ROCK & STEP

- 1-2 Rock right forward, recover left
3&4 Step back on right, step left beside right, step right forward
5&6 Rock left to left side, recover on right, touch left beside right
7&8 Rock left to left side, recover on right, step left beside right

HIP ROLLS TRAVELING RIGHT TOUCH, HIP ROLLS TRAVELING LEFT TOUCH

- 1-2 Step right to right side, step left beside right (hips rotating to the right)
3-4 Step right to right side, touch left beside right (hips rotating to the right)
5-6 Step left to left side, step right beside left (hips rotating to the left)
7-8 Step left to left side, touch ball of right slightly in front of left (hips rotating to the left)

Optional arms for above 8 counts: when traveling right, place left hand behind your head and right arm out to side. When traveling left, place right hand behind your head and left arm out to side

The hip drops are always danced at the 6 o'clock wall. The repetition of the last 16 counts is always done at the 12 o'clock wall. The last time the dance is completed both the hip drops and the repeat of the last 16 counts are danced.

Dance sequence:

- Dance 1 to 48 counts and do the 4 counts of hip drops
- Dance 1 to 48 counts and repeat the last 16 counts
- Dance 1 to 48 counts and do the 8 counts of hip drops
- Dance 1 to 48 counts and repeat the last 16 counts
- Dance 1 to 48 counts and do the 4 counts of hip drops
- Dance 1 to 48 counts and repeat the last 16 counts and 4 counts of hip drops.

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1-4 Four-count hip drops

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1-8 Eight-count hip drops