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Intro 24 counts (from drums)
1-9 Side rock cross, side, behind side cross, back rock recover, cross shuffle
1\&2 step right foot to right side, recover onto left foot, cross right foot in front of left step left foot to left side
4\&5 step right behind left, step left foot to left side, cross right foot in front of left
6,7 rock diagonally back on left foot, recover weight onto right foot
8\&1 cross left foot in front of right, bring right foot beside left, cross left foot in front of right
10-16 Full turn (over left shoulder, travelling right), back rock recover, left shuffle to diagonal
2 step back on right foot (turning a $1 / 4$ to left)
3,4 step left foot forward (turning a $1 / 4$ to left), step back on right foot (turning a $1 / 2$ to left) - 12 o'clock
5,6 step diagonally back on left foot, recover onto right foot - 11 o'clock
7\&8 step left foot to diagonal, bring right foot beside left, step left foot to diagonal-11o'clock
17-24 Back rock recover, right shuffle, half pivot turn, back $\mathbf{1 / 2}$ shuffle turn
1,2 step diagonally back on right foot, recover onto left foot - 2 o'clock
3\&4 step forward on right foot (straighten to 12 o'clock), bring left foot beside right, step forward on right
5,6 step forward on left foot, $1 / 2$ turn to right stepping onto right foot - 6 o'clock
$7 \& 8$ step back on left foot turning a $1 / 4$ turn to right, bring right foot beside left, step back on left foot turning a 1/4 turn to left - 12 o'clock

25-32 Right sailor, left shuffle, $\mathbf{1 / 2}$ pivot turn, half triple turn
1\&2 cross right foot behind left, bring left foot beside right step forward on right foot
$3 \& 4$ step forward on left foot, bring right foot beside left, step forward on left foot
5,6 step forward on right foot, $1 / 2$ turn to left stepping onto left foot - 6 o'clock
$7 \& 8$ step forward on right foot, $1 / 4$ turn to left stepping onto left foot, $1 / 4$ turn to left stepping onto right foot- 12 o'clock

33-41 Side rock cross, side, behind side cross, back rock recover, cross shuffle
1\&2 step left foot to left side, recover onto right foot, cross left foot in front of right
3 step right foot to right side
4\&5 step left behind right, step right foot to right side, cross left foot in front of right,
6,7 rock diagonally back on right foot, recover weight onto left foot
$8 \& 1$ cross right foot in front of left, bring left foot beside right, cross right foot in front of left
42-48 Full turn (over right shoulder, travelling left), back rock recover, right shuffle to diagonal step back on left foot (turning a $1 / 4$ to right)
3,4 step right foot forward (turning a $1 / 4$ to right), step back on left foot (turning a $1 / 2$ to right) - 12 o'clock
5,6 step diagonally back on right foot, recover onto left foot - 2 o'clock
$7 \& 8$ step right foot to diagonal, bring left foot beside right step right foot to diagonal - 2 o'clock
49-57 Side rock cross, side, behind side cross, back rock recover, cross shuffle
$1 \& 2$ step left foot to left side, recover onto right foot, cross left foot in front of right
3 step right foot to right side
4\&5 step left behind right, step right foot to right side, cross left foot in front of right,
6,7 rock diagonally back on right foot, recover weight onto left foot
$8 \& 1$ cross right foot in front of left, bring left foot beside right, cross right foot in front of left
58-64 Full turn (over right shoulder, travelling left), back rock recover, right shuffle to diagonal
2 step back on left foot (turning a $1 / 4$ to right)
3,4 step right foot forward (turning a $1 / 4$ to right), step back on left foot (turning a $1 / 2$ to right) - 12 o'clock
5,6 step diagonally back on right foot, recover onto left foot - 2 o'clock
$7 \& 8$ step right foot to diagonal, bring left foot beside right step right foot to diagonal - 2 o'clock

65-72 Back rock recover, left shuffle, half pivot turn, back $\mathbf{1 / 2}$ shuffle turn
1,2 step diagonally back on left foot, recover onto right foot -11 o'clock
$3 \& 4$ step forward on left foot (straighten to 12 o'clock), bring right foot beside left, step forward on left foot
5,6 step forward on right foot, $1 / 2$ turn to left stepping onto left foot
$7 \& 8$ step back on right foot turning a $1 / 2$ turn to left, bring left foot beside right, step back on right foot turning a $1 / 4$ turn to right - 12 o'clock

73-80 Left sailor, right shuffle, half pivot turn, $1 / 2$ triple turn
1\&2 cross left foot behind right, bring right foot beside left step forward on left foot
3\&4 step forward on right foot, bring left foot beside right, step forward on right foot
5,6 step forward on left foot, $1 / 2$ turn to right stepping onto right foot -6 o'clock
$7 \& 8$ step forward on left foot, $1 / 4$ turn to right stepping on right, $1 / 4$ turn to right stepping on left -12 o'clock
Bridges on walls 3 and 5. After count 48
1-8 Back rock recover, left shuffle, half pivot turn, back $\mathbf{1 / 2}$ shuffle turn
1,2 step diagonally back on left foot, recover onto right foot - 11 o'clock
$3 \& 4$ step forward on left foot (straighten to 12 o'clock), bring right foot beside left, step forward on left foot
5,6 step forward on right foot, $1 / 2$ turn to left stepping onto left foot - 6 o'clock
$7 \& 8$ step back on right foot turning a $1 / 4$ turn to left, bring left foot beside right, step back on right foot turning a $1 / 4$ turn to right - 12 o'clock

9-16 Left sailor, right shuffle, half pivot turn, half pivot turn
1\&2 cross left foot behind right, bring right foot beside left step forward on left foot
$3 \& 4$ step forward on right foot, bring left foot beside right, step forward on right foot
5,6 step forward on left foot, $1 / 2$ turn to right stepping onto right foot -6 o'clock
7,8 step forward on left foot, $1 / 2$ turn to right stepping onto right foot - 12 o'clock
NB. After each bridge, the dance continues from count 49

