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- FORWARD, ROCK BACK, CHA-CHA-CHA, BACK WITH 1/4 TURN RIGHT, ROCK**
1 - 4 Step left forward, rock back on right, triple step left-right-left
5 - 6 Swing back right turning 1/4 turn right (facing 3 o'clock), rock forward on left
- FULL TURN, FORWARD, KICK, BACK COASTER, PIVOT, PIVOT, BACK**
1 - 2 Step forward left (facing 3 o'clock) kick forward right
3 & 4 Back right, back left together, forward right
5 - 6 Forward left, on balls of both feet-pivot 1/2 turn right
7 - 8 Pivot 1/2 turn left (facing 3 o'clock), back left
- BACK CROSS, BACK CROSS, BACK, 1/4 LEFT, BACK, SIDE, FULL TURN**
& 1 & 2 & 3 Slide right over and in front of left, back left, slide right over and in front of left. Back left
& 4,5 & 6 Turning 1/4 left-step back right, step left to side, turning full turn left-right-left-right (facing 12 o'clock)
- OUT, OUT, IN, IN, OUT, OUT, CLAP**
& 1 & 2 Left to side, right to side, left to center, right to center
& 3,4 Left to side, right to side, clap
- BEND, HIP SWING, STRAIGHTEN, BEND, HIP SWING, STRAIGHTEN, CLAP, CLAP**
1 - 3 Bend both knees, swing right hip to side, straighten up
4 - 6 Bend both knees, swing left hip to side, straighten up, clap, clap (weight on right)
- FORWARD, 1/4 TWIST, HIP BUMPS, FORWARD, 1/4 TWIST, HIP BUMPS, FORWARD, 1/4 TWIST, HIP BUMPS**
- /The following steps are danced progressing forward towards 12 o'clock, head kept facing towards 12 o'clock**
1 Step left forward with a 1/4 twist right on ball of left foot (body facing 3 o'clock)
& 2 Double left hip bumps towards 12 o'clock
3 Step right forward (towards 12 o'clock) with a 1/4 twist left,(body facing 9 o'clock)
& 4 Double right hip bumps towards 12 o'clock
5 Step left forward (towards 12 o'clock)with a 1/4 twist right(body facing 3 o'clock)
& 6 Double left hip bumps towards 12 o'clock
- BOX STEP WITH 1/2 TURN RIGHT, FORWARD, TOUCH**
1 - 4 Step right forward (towards 12 o'clock) across in front of left, back left, turning 1/2 turn right-forward right, touch left together (facing 6 o'clock)
- SIDE, HIP BUMPS, 1/2 TURN, HIP BUMPS, 1/2 TURN, HIP BUMPS, BACK COASTER**
1 & 2 Step left to side with double hip bumps left
3 & 4 Turning 1/2 turn left-step right to side with double hip bumps right (facing 12 o'clock)
5 & 6 Turning 1/2 turn right - step left to side with double hip bumps left (facing 6 o'clock)
7 & 8 Back right, back left together, forward right

REPEAT