

- 
- 1** **Cross rock triple full turn, cross side sailor 1/4 turn**  
1, 2 3 & 4 cross right over left recover, triple full turn right  
5, 6, 7 & 8 cross left over right, right to right side, sailor 1/4 left
- 2** **Stomp, stomp heel swivels, right sailor left sailor 1/4 turn**  
1, 2, 3 & 4 stomp right foot forward stomp left behind, swivel heels out in out  
5 & 6 7 & 8 right sailor step left sailor 1/4 turn left
- 3** **Right shuffle, shuffle 1/2 turn rock back kickball change**  
1 & 2 3 & 4 right shuffle forward, left shuffle 1/2 turn  
5, 6, 7 & 8 rock back on right recover on left, right kickball change
- 4** **Cross side sailor, cross side shuffle 3/4**  
1, 2, 3 cross right over left, left to left side, right sailor step  
5, 6, 7 cross left over right, right to right side, shuffle 3/4 turn left
- 5** **Rock recover shuffle 1/2 turn, rock recover coaster**  
1, 2, 3 & 4 rock forward on right recover on left, shuffle 1/2 turn right  
5, 6, 7 & 8 rock forward on right recover on left, right coaster step
- 6** **Toe switches**  
1 & 2 & 3 & 4 point toes out sides R & L & R & L
- Restart** **on wall 5 do the first 16 counts and start again**
-