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- 1 - 4 Step right forward, pivot 1/2 turn left taking weight on left, repeat
5 - 6 Step right forward rolling right knee to right, step left forward rolling left knee to left
7 - 8 Step right back, tap left beside right
1 & Tap left heel at 45 degrees left, step left beside right
2 & Tap right heel at 45 degrees right, step right beside left
3 - 4 Tap left heel at 45 degrees left twice
& 5 Step left beside right, tap right heel at 45 degrees right
& 6 Step right beside left, tap left heel at 45 degrees left
& 7 - 8 Step left beside right, tap right heel at 45 degrees right twice
1 - 4 Step right forward at 45 degrees right, scuff left forward, step left forward at 45 degrees left, scuff right forward

/The following 4 beats are done with the body facing 45 degrees right

- 5 - 6 Step right to right side while twisting left heel to left, step left beside right with a clap
7 - 8 Step right to right side while twisting left heel to left, step left beside right with a clap
1 - 4 Step left forward at 45 degrees left, scuff right forward, step right forward at 45 degrees right, scuff left forward

/The following 4 beats are done with the body facing 45 degrees left

- 5 - 6 Step left to left side while twisting right heel to right, step right beside left with a clap
7 - 8 Step left to left side while twisting right heel to right, step right beside left with a clap
1 & 2 Kick right forward, ball change right-left (body facing 45 degrees left)
3 - 4 Step right forward at 45 degrees left, pivot 1/2 turn left taking weight on left (now facing opposite corner)
5 & 6 Kick right forward, ball change right-left (body facing 45 degrees left)
7 - 8 Step right forward at 45 degrees left, pivot 1/2 turn left taking weight on left (now facing opposite corner)
1 - 2 Step right to right side pushing off left, step left across over right
3 - 4 Step right to right side pushing off left, step left across over right
5 - 6 Pivot 1/2 turn right, jump back onto left while placing right heel forward at 45 degrees right
7 - 8 Jump forward onto right hitching left knee, step left to left side
1 - 4 Thrust hips forward: left, right, left twice
5 - 8 Thrust hips forward: right, left, right twice
1 & 2 Sailor shuffle: step right behind left, step left to left side, replace weight onto right
3 - 4 Step left behind right, pivot 3/4 turn left keeping weight on left
5 - 7 Step right forward, step left forward, hold
& 8 Step right beside left, step left forward

REPEAT