
16 count intro

¼ left turning Right Kick Ball Change x 2; Right toe strut; left touch and dip with hip bumps

1&2 Kick Right forward landing on ball of right doing ¼ turn left and transfer weight to left.

3&4 Kick Right forward landing on ball of right doing ¼ turn left and transfer weight to left (6 o'clock).

5-6 Step forward on ball of right toe, drop right heel to ground

7-8 Touch left toe forward whilst dipping down and up bumping hips left and right (whilst raising both arms up and down if you wish like a Nightingale !) (keep weight on right)

Chasse left; behind side cross rock; left toe strut backwards; right toe strut to right.

9&10 Step left to left side, step right beside left, step left to left side;

11&12 Step right behind left, step left to left side, cross rock right over left.

13-14 Step back diagonally to right on ball of left, drop heel of left.

15-16 Step on ball of right to right side, drop heel of right.

Left crossing shuffle; Right crossing shuffle; Left toe strut back and ¼ turn right toe strut

17&18 Cross step left over right, step right to right side, cross step left over right;

&19&20 Swing right over left; Cross step right over left, step left to left side, Cross step right over left;

21-22 Step on ball of left diagonally back behind right, drop heel of left;

23-24 ¼ turn right stepping on ball of right to right side, (slightly angled to the right ready to start ¼ turn right for counts 25&26), drop heel of right to ground

Tag on walls one and five followed by a restart

1, 2, 3&4 step left to left side whilst bumping lt, rt; lt rt lt (9o'clock)(weight ends on left)

Restart after the Tag

¼ turn side shuffles x 2; ¼ turn steps x 3; right touch

& 25&26 ¼ turn right stepping left to left side, step right beside left, step left to left side

&27&28 ¼ turn right stepping right to right side, step left beside right, step right to right side

29-30 ¼ turn right stepping left to left side, ¼ turn right stepping right to right side

31-32 ¼ turn right stepping left to left side, touch right toe beside left

On last wall (10) after count 24 (right toe strut) facing 3 o'clock there are four slow beats ...with weight on right foot wave arms up (1,2) and then down (3,4) whilst turning to the front in the style of a Nightingale! If you're not keen on arm movements turn ¼ left bumping hips slowly forward, backwards, right, left,

Just to assist

Start

walls 2, 3, 4, 5, – 9 oclock

walls 6, 7, 8, 9, 10 – 6 oclock