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- 1            ROCK RECOVER, CROSS SHUFFLE, ROCK RECOVER, SAILOR 1/4 TURN**  
1 - 2 - 3 & 4    Rock right to right side, recover onto left, cross right over left, step left to left side, cross right over left  
5 - 6 - 7 & 8    Rock left to left side, recover onto right, step left behind right, step right to right side making 1/4 turn to 9:00, step left to left side
- 2            SYNCOPATED VINE, JAZZ BOX 1/4 TURN**  
1 - 2 & 3 - 4    Step right to right side, step left behind right, step right to right side, step left across right, step right to right side  
5 - 6 - 7 - 8    Step left over right, step back on the right making a ¼ turn to 06:00, step left to left side, touch right beside left
- 3            STEP, TOUCH, KICK & CROSS, STEP, HOLD, STEP & TOUCH**  
1 - 2 - 3 & 4    Step right to right side, touch left to right, kick left forward, step back down on left, cross right over left  
5 - 6 & 7 - 8    Step left to left side, hold, on the (&) step right to right side, step left to left side, touch right to left
- 4            ROCK RECOVER, 1/2 TURN SHUFFLE, 1/2 TURN SHUFFLE, ROCK RECOVER**  
1 - 2 - 3 & 4    Rock back on right, recover, shuffle forward making a 1/2 turn R/L/R (over R shoulder) to 12:00  
5 & 6 - 7 - 8    Shuffle back on left, making 1/2 turn to 06:00 L/R/L, rock back on the right, recover onto left
- TAG        WALL 4 THERE IS A TAG AND RESTART AT THIS POINT**
- Rocking Chair**  
1 - 2 - 3 - 4    Rock fwd onto right, rock back onto left, rock back onto right, recover onto left - RESTART
- 5            SKATE, SKATE, SHUFFLE, STEP TOUCH, SHUFFLE BACK**  
1 - 2 - 3 & 4    Skate forward right, left, shuffle forward R/L/R  
5 - 6 - 7 & 8    Step forward left, touch right next to left, right shuffle back R/L/R
- 6            SAILOR, ROCK RECOVER, STEP KICK & CLAP, STEP KICK & CLAP**  
1 & 2            Step onto left, step right to right side, step left to left side  
3 & 4            Rock back on right, recover onto left  
5 - 6 - 7 - 8    Step forward right & kick left (with clap), step forward left & kick right (with clap)
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