

Intro: 32 counts

ROCK FORWARD, BACK, SHUFFLE BACK, ROCK BACK, FORWARD, TRIPLE 1/2 TURN RIGHT

1,2,3&4 Rock forward on right, rock back on left, step back right, step left next to right, step back right
5,6,7&8 Rock back left, step forward right, turn 1/2 turn right stepping left, right, left

ROCK BACK RIGHT, FORWARD LEFT, 2 x 1/4 PADDLE TURNS LEFT, ROCK RIGHT & CROSS

1,2,3,4 Rock back on right, rock forward on left, step forward right, turn 1/4 paddle turn left
5,6,7&8 Step forward on right, turn 1/4 paddle turn left, rock right to right side, recover on left,
cross right over left

ROCK FORWARD, BACK, SHUFFLE BACK, ROCK BACK, FORWARD, TRIPLE 1/2 TURN LEFT

1,2,3&4 Rock forward on left, rock back right, step back left, step right next to left, step back left
5,6,7&8 Rock back on right, rock forward left, turn 1/2 turn left stepping right, left right

ROCK BACK, FORWARD, 2 x 1/4 PADDLE TURNS RIGHT, LEFT KICK BALL CHANGE

1,2,3,4 Rock back on left, rock forward on right, step forward on left turn 1/4 paddle turn right
5,6,7&8 Step forward on left, turn 1/4 paddle turn right, kick left forward,
step back on ball of left, step onto right

CHASSE LEFT, CHASSE RIGHT, 1/4 SHUFFLE FORWARD LEFT, 1/2 SHUFFLE FORWARD RIGHT

1&2 Step left to left side, step right next to left, step left to left side
3&4 Step right to right side, step left next to right, step right to right side
5&6 Step forward left turning 1/4 left, step right next to left, step forward left
7&8 Step forward right turning 1/2 turn right, step left next to right, step forward right

LEFT KNEE ROLL, PALM UP, RIGHT KNEE ROLL, PALM UP, HEEL BOUNCES

1,2 Roll left knee out bring left hand up (palm forward), Roll right knee out bring right hand up
(palm forward)
3,4 Keeping both hands up & palms facing forward bounce heels twice on the spot
5,6 Bring both hands down in front of body & cross palms bounce heels twice on the spot
7,8 Bring both hands up to shoulder height (palms forward) & bounce heels twice on the spot

LEFT SAILOR STEP, RIGHT 1/4 TURN SAILOR STEP, LEFT SAILOR STEP, RIGHT 1/4 TURN SAILOR STEP

1&2 Step left behind right, step right to right side, step left to left side
3&4 Step right behind left, step left to left side turning 1/4 to right, step right to right side
5&6 Step left behind right, step right to right side, step left to left side
7&8 Step right behind left, step left to left side turning 1/4 to right, step right to right side

LEFT KICK BALL TOUCH, RIGHT KICK BALL STEP, SKATE FORWARD RIGHT, LEFT, RIGHT, LEFT

1&2 Kick forward on left, step onto ball of left, touch next to left
3&4 Kick forward on right, step onto ball of right, step left next to right
5,6,7,8 Skate forward on right, left, right, left

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