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- Right Shuffle, Full Turn, Left Shuffle, Rock Right**
- 1 & 2 Right Forward Shuffle
3 - 4 Full Turn Right Stepping Left Right
5 & 6 Left Forward Shuffle
7 - 8 Rock To Right, Recover Weight On Left
- Half Turning Shuffle Right, Rock Left Over Right, Half Turning Shuffle Left, Hip Bumps**
- 9 & 10 Half Turning Shuffle To The Right Stepping Right, Left, Right
11 - 12 Rock Left Over Right, Recover Weight On The Right
13 & 14 Half Turning Shuffle To The Left, Stepping Left Right Left
15 - 16 On Diagonal Right, Bump Hips Right, And Left With A Swaying Movement (bending Knees Slightly)
- Hip Bumps, Sailor Shuffle**
- 17 & 18 Still On Diagonal Right, Bump Hips Right, Left, Right
19 - 20 On Diagonal Left, Bump Hips Left And Right With A Swaying Movement (bending Knees Slightly)
21 & 22 Still On Diagonal Left, Bump Hips Left Right Left
23 & 24 Right Behind Left, Left To Left Side, Step Right Forward
- Half Turning Shuffle, Right Forward Shuffle, Left Rock, Coaster Step**
- 25 & 26 Half Turning Shuffle To The Left Stepping Left Right Left
27 & 28 Right Forward Shuffle
29 - 30 Rock To Left Side, Recover Weight On Right
31 & 32 Step Back Left, Step Right Next To Left, Step Forward Left
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