

#### **Section 1 CROSS ROCK, RECOVER, CHASSE LEFT, BACK ROCK, RECOVER, CHASSE RIGHT**

- 1 - 2 Cross rock left over right, recover onto right  
3 & 4 Step left to left side, step right next to left, step left to left side  
5 - 6 Back rock on right, recover onto left  
7 & 8 Step right to right side, step left next to right, step right to right side

#### **Section 2 CROSS, SIDE, LEFT SAILOR, CROSS, SIDE, RIGHT SAILOR**

- 1 - 2 Cross left over right, step right to right side  
3 & 4 Cross left behind right, step right to right side, step left to left side  
5 - 6 Cross right over left, step left to left side  
7 & 8 Cross right behind left, step left to left side, step right to right side

#### **Section 3 CROSS, SIDE, L CROSS SHUFFLE, 1/2R, CROSS, SIDE, R CROSS SHUFFLE**

- 1 - 2 Cross left over right, step right to right side  
3 & 4 Cross left over right, step right to right side, cross left over right  
& 5 - 6 Turn a 1/2 turn right (weight on left), cross right over left, step left to left side (6:00)  
7 & 8 Cross right over left, step left to left side, cross right over left

#### **Section 4 SKATE (L, R, L) HOLD, SKATE (R, L, R) HOLD**

- 1 - 2 - 3 - 4 Skate forward (L, R, L), hold  
5 - 6 - 7 - 8 Skate forward (R, L, R), hold
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