

ROCK STEPS WITH OPTIONAL BODY ROLLS

- 1 & 2 Rock to left side on left. Recover onto right. Cross left over right
3 & 4 Rock to right side on right. Recover onto left. Cross right over left
5 & 6 Rock forward on left. Recover onto right. Step left beside right
7 & 8 Rock back on right. Recover onto left. Step right beside left

/Optional: Each of the four rock steps can be executed with or as body rolls in the direction of the rock

WEAVES & JUMP STEPS

- 1 - 3 Cross left over right. Step right to right side. Cross left behind right
& 4 Jump feet diagonally apart, right forward, left back. Jump feet together hitching right. (or replace with left sailor after weave.)
5 - 7 Cross right over left. Step left to left side. Cross right behind left
& 8 Jump feet diagonally apart, left forward, right back. Jump feet together hitching left. (or replace with right sailor after weave.)

CROSS STEP & SHUFFLE WITH FULL TURN

- 1 - 2 Angle body to right. Step forward on left (almost crossing over right). Hold for 1 count
& 3 Step right beside left. Step left forward and in front of right
& 4 Step right beside left. Step left forward and in front of right

/Note: During steps 1-4 you DO NOT travel forwards and body remains angled to right throughout.

- 5 Rock right to right side, angling body to left and grinding right heel as you turn
6 Recover onto right remaining angled to left
7 - 8 Cross right over left. Unwind full turn left over 1 count, slightly hitching left

SLIDES & HIP BUMPS

- 1 - 2 Step diagonally forward on left. Slide right up to it
3 & 4 Bump hips left, right, left, with attitude
5 - 6 Step diagonally forward on right. Slide left up to it
7 & 8 Bump hips right, left, right, with attitude

TURNS, SHUFFLES AND ROCK STEPS

- 1 - 2 Step forward left. Pivot 1/2 turn right
3 & 4 Step forward left. Slide right up to left. Step forward left
5 - 6 Step forward right. Pivot 3/4 turn left (legs should be crossed left over right)
7 & 8 Rock to left side on left. Recover onto right. Cross left over right

ROCKS, TOE TOUCHES & FULL TURN

- 1 & 2 Rock to right side on right. Recover onto left. Cross right over left
3 & Touch left to left side, clicking fingers down by sides. Step left in place.
4 & Touch right to right side, clicking fingers down by sides. Step right in place
5 - 6 - 7 & 8 Kick left forward. Cross left over right. Unwind 3/4 turn right. Finish dance with two syncopated claps

REPEAT