

Introduction: 8 Beats.

**FORWARD, FORWARD, TOUCH FORWARD, BACK, BACK-LOCK-BACK, COASTER STEP**

- 1, 2 Step R Forward, Step L Forward,
- 3, 4 Sweep To Touch R Toe Forward, Sweep To Step R Toe Back,
- 5 & 6 Step L Back, Lock R Across In Front Of Left, Step L Back,
- 7 & 8 Coaster : Step R Back, Step L Together, Step R Forward.

**FORWARD, FORWARD, QUICK PIVOT-FORWARD, FORWARD, FORWARD,  
QUICK PADDLE-TOGETHER**

- 1, 2 Step L Forward, Step R Forward,
- 3 & 4 Step L Forward, Turn 180? Right Take Weight Onto R, Step L Forward,
- 5, 6 Step R Forward, Step L Forward,
- 7 & 8 Step R Forward, Turn 90? Left Take Weight Onto L, Step R Together.

**HEELS-TOES-HEELS, HEELS-TOES-HEELS, SAILOR STEP, 1/4 SAILOR STEP**

- 1 & 2 Swivel Heels To Right, Swivel Toes To Right, Swivel Heels To Right,
- 3 & 4 Swivel Heels To Left, Swivel Toes To Left, Swivel Heels To Left,
- 5 & 6 Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
- 7 & 8 Sailor Step Turning 90? Left Step : L-R-L.

**OUT-IN-OUT, BEHIND-SIDE-ACROSS, OUT-IN-OUT, BEHIND-1/4 FORWARD-FORWARD**

- 1 & 2 Touch R Toe To Side, Touch R Toe Together, Touch R Toe To Side,
  - 3 & 4 Step R Behind Left, Step L To The Side, Step R Across In Front Of Left,
  - 5 & 6 Touch L Toe To Side, Touch L Toe Together, Touch L Toe To Side,
  - 7 & 8 Step L Behind Right, Turn 90? Right Step R Forward, Step L Forward.
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