



Section 1

1 & 2

Out Out, In In, 2x Step Forward, Coaster Step

Step RF out to right side, step LF foot out to left side, step RF back home, step LF back home

& 3 & 4

Repeat steps 1&2&

5 - 6 - 7 & 8

Step forward on RF, step LF next to RF, step back on RF, step LF next to RF, step RF slightly forward

Section 2

1 - 2

Rock Step, 1/4 Turn Triple Step, Sailor Step Right And Left

Rock forward on LF, recover on RF

3 & 4

Making a 1/4 turn left, triple step L,R,L

5 & 6

Step RF behind LF, step LF next to RF, step RF to slightly diagonally right

7 & 8

Step LF behind RF. step RF next to LF, step RF to slightly diagonally left

Section 3

&

Walk, Walk, Heel Jacks, Walk, Walk, Out Out 2x

Walk forward RF then LF, touch R heel forward bring it back home & touch L heel forward & bring it back home

5 - 6 - 7 & 8

Walk forward RF then LF, step RF out to right side, step LF out to left side, repeat again (like a gallop--put your hips into it)

Section 4

1 & 2

Out Out, Cross Behind, Triple Step, 1/4 Turn Left 2x

Step RF out to right side step LF out to left side, step RF behind LF

3 & 4

Triple step to left side, L,R,L

5 - 6

Step right forward, turn 1/4 left, (weight to left), step right forward, turn 1/4 left (weight to left)

Last update: 4th April 2018