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- 1 & 2** **Right sailor step, (feet slightly apart at the end of the sailor step)**
3 & Left heel swivel in, left heel swivel back in place
4 Right heel swivel in
5 & 6 Right side shuffle
7 - 8 Using right foot as a pivot execute a full turn right sweeping left foot around and bringing it in place next to right
- 9** **Left step a large step back,**
10 Right foot drag together (keeping weight on left foot)
11 & 12 Right foot step to the side, rock weight onto left foot, right foot cross over left
13 - 14 Left foot step to the side, right toe touch in place
15 & 16 Right foot kick forward, right step in place, left step to the side
- & 17** **Right foot step to the side, left toe touch forward**
18 Left toe touch behind right foot, (weight on left toe)
19 & 20 Right lock step forward
21 & 22 Left lock step forward
23 - 24 Right step forward, pivot a 1/2 turn left
- 25 & 26** **Right kick forward, right step together, left step forward**
27 & Right foot kick forward, right foot step in place
28 & Left foot kick forward, left foot step in place
29 - 30 Right step forward, pivot a 1/2 turn left,
31 & 32 Right foot step forward, rock weight onto left, right foot step to the side
- 33 - 34** **Walk forward left, right, (attitude in the hips)**
35 & 36 Left shuffle forward
37 - 38 Walk back right, left, (attitude in the hips)
39 & 40 Right shuffle back
- 41** **Left step a large step to the side**
42 Bring right foot together as you make a 1/4 turn left
43 Right foot step forward
44 Bring left foot together as you turn a 1/2 turn left
45 & 46 Run forward left, right, left
47 & 48 Run forward right, left, right
- Option:**
47 Step forward on right foot
48 Pivot a full turn right on right foot
49 & 50 Left step to the side, rock weight onto right foot, left cross behind right
51 & 52 Right step to the side, rock weight onto left foot, right cross behind left
53 & 54 Left step back, rock weight onto right foot, left step forward,
55 & 56 Right cross behind, left foot to the side, right touch to the side (weight still on left)
- On the end of the 4th wall**
1 - 4 Bumps hips right, left, right, left
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