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- 1 Knee and head isolations**
& 1 - 2 Step out left right. Pop left knee in.
3 - 4 Pop left knee out. Look left.
5 - 6 Pop left knee in as you look back to centre. Pop right knee in. (keep both knees bent for this).
7 - 8 Look down. As you jump feet together look back to centre.
- 2 Right jazz box, side rock-recover, step behind, and cross side cross x2**
1 - 2 Cross right over left. Step left foot back.
3 - 4 Step right to right side. Cross left over right.
5 & 6 Rock right out to right side. Recover weight to left. Step right behind left.
& 7 & 8 Step left to left side. Cross right over left. Step left to left side. Cross right over left.
- 3 Left mambo 1/4 turn, walks back, walks back with 1/2 turn left, Step pivot 1/2 left.**
1 & 2 1/4 turn left rocking left forward. Recover weight to right. Step left next to right.
3 - 4 Walk back right left.
5 - 6 Walk back right. 1/2 turn left stepping left forward.
7 - 8 Step forward right. Pivot 1/2 turn left. Weight ends on left foot.
- 4 Steps out w/hold, knee pop, 1/4 turn flick, full spiral.**
& 1 - 2 Step out right left. Hold.
3 - 4 Pop right knee in and out.
& 5 - 6 Turn 1/4 turn right stepping right forward and flicking left foot behind. Step left forward.
7 - 8 Step right forward. Spiral full turn over right shoulder on right foot. End by stepping left down.
- 5 Step 1/4 left-kick, walks forward, right back lock, right back-lock-step.**
1 - 2 Step right to place. Turn 1/4 left kicking left foot forward.
& 3 - 4 Replace weight onto left. Walk forward right left.
5 - 6 Step right foot back. Cross left over right.
7 & 8 Step right back. Cross left over right. Step right back.
- 6 Left kick-extend right back, right hitch, left sailor, right sailor.**
1 & 2 Kick left forward. Extend right leg back touching right toe back and bending left knee.
3 - 4 Hitch right knee up. Step right to right side.
5 & 6 Step left behind right. Step right next to it. Step left to left side.
7 & 8 Turning 1/4 turn right step right behind left. Step left next to right. Step right to right side.
- 7 Left forward rock w/coaster step, right forward rock, right shuffle 1/2 turn.**
1 - 2 Rock forward on left. Recover weight to right.
3 & 4 Step left back. Step right next to it. Step left forward.
5 - 6 Rock forward on right. Recover weight to left.
7 & 8 Right shuffle 1/2 turn stepping right left right.
- 8 Toe heel slides.**
1 - 2 Touch left toe next to right. Tap left heel next to right.
3 - 4 Big step left dragging right up to it.
5 - 6 Touch right toe next to left. Tap right heel next to left.
7 - 8 Big step forward on right sliding left up to it ending with left toe touched behind right.
1 - 2 Step left foot forward to left corner. Step right foot out to right corner
3 - 4 Step back left and right
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