

**Section 1 Scuff, hitch, 1/2 turn right step point, weave right, forward shuffle**

- 1 Scuff right foot  
2 Hitch right foot  
3 & 4 Pivot  $\hat{A}$ ½ turn right on the left foot, (keeping the right leg in the hitch position), Transfer weight to right, Point the left to the left side.  
5 & 6 Step left behind right, Step Right to the side, Step Left across right.  
7 & 8 Step Right foot forward, Step Left foot behind right, Step Right foot forward.

**On step 4 (if you want you to you can do a body roll from feet to shoulders ( it should be like a ripple coming from your feet rising to your shoulders push your shoulders out at the end) weight ending on the right)**

**Section 2 Rock forward and recover, walk back left, right, left, Step back right 1/4 turn, dip & arms**

- 1 Rock forward on left foot  
3 & 4 Run back on left, Run back on right, Run back on left.  
5 Rock back on right foot and turn 1/4 right  
6 Dip with knees slightly bent, leaning slightly forward  
7 & 8 Arms straight pointing down bring the right shoulder down, then bring right shoulder up put left shoulder down, then bring the left shoulder up bring right shoulder down. Weight ends on left

**Section 3 Step forward 1/2 turn left, dip, arms, weave 1/4 turn left, point left and hold**

- 1 Step 1/2 turn left on the right foot to the right side  
2 Dip with knees slightly bent, leaning slightly forward  
3 & 4 Arms straight pointing down bring the right shoulder down, then bring right shoulder up put left shoulder down, then bring the left shoulder up bring right shoulder down. Weight ends on left  
5 & 6 Right foot over left foot, Left foot to the side, Right foot behind left turning 1/4 left  
7 - 8 Point left foot in front. Hold.

**Section 4 Sailor, sailor  $\hat{A}$ ¼ left, forward shuffle, rock forward, recover**

- 1 & 2 Right sailor step  
3 & 4 Left sailor step with a 1/4 turn left  
5 & 6 Right foot forward, Left foot behind right, Right foot forward.  
7 Rock forward on left foot  
8 Recover onto right foot

**Section 5 Walk back left, right, left, Mambo right, mambo left, step back, drag**

- 1 & 2 Run back on left, Run back on right, Run back on left,  
3 & 4 Mambo right  
5 & 6 Mambo left  
7 Step back on right foot  
8 Drag left foot to right. Weight finishes on left