

32 Count Intro from heavy beat app 32 seconds.

1 Out, Out, & Cross Clap, ½ turn Bounce, Back Coaster step.

1-2 Step fwd on right, step fwd on left Shoulder width apart.

& 3-4 Step right back to centre, cross left over right, clap.

5-6 Unwind ½ turn bouncing heels twice.

7&8 Step back on right, step left next right, step fwd on right.

2 Step Touch, Diagonal Shuffle, Step Touch, Diagonal Shuffle.

1-2 Step left diagonally fwd left, touch right next left.

3&4 Shuffle diagonally fwd right stepping right, left, right.

5-6 Step left diagonally fwd left, touch right next left.

7&8 Shuffle diagonally fwd right stepping right, left, right.

3 Cross Rock, Chasse, Cross Rock, Chasse.

1-2 Cross rock left over right, recover back on right.

3&4 Step left to left side, step right next left, step left to left side.

5-6 Cross rock right over left, recover back on left.

7&8 Step right to right side, step left next right. Step right to right side.

4 Cross Hold, Back Side Cross, Stomp Hold, Behind & Cross.

1-2 Cross left over right, hold for a beat.

3&4 Step back on right, step left to left side, cross right over left.

5-6 Stomp left to left, hold for a beat.

7&8 Step right behind left, step left to left side. Cross right over left.

5 Side Rock, Cross Shuffle, Step Hold & Step Hold.

1-2 Rock left to left side, recover on right.

3&4 Cross left over right, step right to right side, cross left over right.

5-6 Step right to right side, hold for a beat.

&7-8 Step left next right, step right to right side, hold for a beat.

6 & Side Rock, Behind, ¼ turn, Step, Walk Walk, Kick Ball Step.

&1-2 Step left next right, rock right to right side, recover on left.

3&4 Step right behind left, turn ¼ left stepping fwd on left, step fwd on right.

5-6 Walk fwd on left, walk fwd on right.

7&8 Kick left foot fwd, step down on the ball of left, step fwd on right.

7 Fwd Rock, ½ turn Shuffle, ½ Turn Shuffle, Back Rock.

1-2 Rock fwd on left, recover back on right.

3&4 Turn ½ turn left, stepping left, right, left.

5&6 Turn ½ turn left, stepping right, left, right.

7-8 Rock back on left, recover fwd on right.

8 Fwd Rock, Back Coaster Step, Walk Walk, Kick Ball Step.

1-2 Rock fwd on left, recover back on right.

3&4 Step back on left, step right next left, step fwd on left.

5-6 Walk fwd on right, walk fwd on left.

7&8 Kick right foot fwd, step down on ball of right, step fwd on left.