

Left Step, Back Step, Cross Shuffle, Right Step, Slide, Hip Roll.

- 1 - 2 Step left to left side. Step back right.
3 & 4 Cross step left over right. Step right to right side. Cross step left over right.
5 - 6 Long step right to right side. Slide left beside right. (Weight remains on right).
7 - 8 Circle left knee and hips anti clockwise.

Forward Rock, Back Rock, Sailor Step, Cross Step, Left Step.

- 1 - 2 Cross rock left over right. Rock back onto right.
3 - 4 Rock step left diagonally back left. Rock onto right in place.
5 & 6 Cross left behind right. Step right to right side. Step left to left side.
7 - 8 Cross step right over left. Step left to left side.

Back Rock, Triple 1/2 Turn Left, Back Rock, Left Shuffle.

- 1 - 2 Rock back onto right. Rock forward onto left.
3 & 4 Triple step 1/2 turn left. Stepping - Right, Left, Right.
5 - 6 Rock back onto left. Rock forward onto right.
7 & 8 Step forward left. Close right beside left. Step forward left.

Walk, Hold, Walk, Hold, Cross Step, Back Step, Shuffle 1/4 Turn right.

- 1 - 2 Step right forward to right diagonal. Hold
3 - 4 Step left forward to left diagonal. Hold.
5 - 6 Cross step right over left. Step back on left.
7 & 8 Turn 1/4 right stepping right forward. Close left beside right. Step right forward. (For extra styling shimmy during the walks)