

Commence when the beat kicks in (after 30 seconds)

Walk, walk, lock step forward, rock, recover, ½ shuffle turn left, walk, walk, lock step forward, ¼ pivot turn right, cross shuffle

- 1 – 2 Walk forward on right, walk forward on left
3&4 Step forward on right, lock left behind right, step forward on right
5-6 Rock forward on left, recover on right
7&8 ½ turning shuffle left stepping left, right, left
9-10 Walk forward on right, walk forward on left
11&12 Step forward on right, lock left behind right, step forward on right
13-14 Step forward on left, ¼ pivot right transferring weight to right
15&16 Cross left over right, right to right, cross left over right
Advanced alternative to steps 7&8 – 1 ½ shuffle turn left

Large step to right, slide left towards right, 2 heel switches, large step to left, turn ¼ right and Slide right towards left, 2 heel switches, rock forward, recover, coaster step, rock, recover, ½ shuffle turning left

- 17-18 Large step to right (angle body slightly to left diagonal), slide left towards right (no weight)
19&20& Left heel forward, close left to right, right heel forward, close right to left (straightening up)
21-22 Large step to left, turn ¼ to right and slide right towards left (no weight)
23&24& Right heel forward, close right to left, left heel forward, close left to right
25-26 Rock forward on right, recover on left
27&28 Step back on right, close left to right, step forward on right
29-30 Rock forward on left, recover on right
31&32 ½ turning shuffle left stepping left, right, left
Advanced alternative to: coaster step 27 & 28 – full triple turn right
½ shuffle turn 31 & 32 – 1 ½ triple turn left

Cross, side, back, close, kick diagonal to right, close, cross, side, back, close, kick diagonal to left, close, cross, hold, step, cross, point, forward, side, rock, forward, side rock

- 33-34 Cross right over left, step left to left
35&36& Step back on right behind left (angle body to right diagonal), close left to right, kick right to right diagonal, close
37-38 Cross left over right, step right to right
39&40& Step back on left behind right (angle body to left diagonal), close right to left, kick left to left diagonal, close
41-42 Cross right over left, hold
&43-44 Step left to left, cross right over left, point left to left
45&46 Step forward on left, rock right to right (on ball of foot), recover on left
47&48 Step forward on right, rock left to left (on ball of foot), recover on right

Rock forward, recover, ½ turn left & step forward, rock forward, recover, ¼ turn right & step to side, rock forward, recover, point back, reverse pivot left, kick, ball, change, 2 sailor steps travelling backwards

- 49-50 Rock forward on left, recover on right
51-52 Turn ½ left stepping forward on left, rock forward on right
53-54 Recover on left, turn ¼ right stepping right to right
55-56 Rock forward on left, recover on right
57-58 Touch left toe back, turn ½ left transferring weight to left
59&60 Kick right forward, step onto ball of right, step in place on left
61&62 Step right behind left, step left to left, step slightly back on right
63&64 Step left behind right, step right to right, step slightly back on left