
Intro: 32 counts from first beat (app. 16 seconds into track). Start with weight on L foot

1–8 Kick R Fw, Together, Side Rock L, Close, Weave, Unwind $\frac{3}{4}$ R, Step L Fw

1&2& Kick R fw (1), step R next to L (&), rock L to L side (2), recover weight to R (&) [12:00]

3 Close L foot behind R foot (3) [12:00]

4–6 Cross R over L (4), step L to L side (5), cross touch R behind L (6) [12:00]

7–8 Unwind $\frac{3}{4}$ turn R on R foot (7), step fw on L (8) [9:00]**9–16 Fw R, Heel Swivel, Hitch R, Down R, Point L Back, Slow $\frac{1}{2}$ L, Step Out Out**

1&2 Step R fw (1), swivel both heels to R (&), swivel heels back to centre (2) – weight on L [9:00]

&3–4 Hitch R knee (&), step down on R (3), slide/point L foot back bending slightly in R knee (4) [9:00]

5–6 Lift R toes and start turning $\frac{1}{2}$ L on R heel (press L toe into floor to help keep your balance) (5), finish turn stepping onto L (6) - During $\frac{1}{2}$ turn you raise to normal level in your R knee [3:00]

7–8 Roll R knee from L to R stepping R to R side (7), roll L knee from R to L stepping L to L side (8) [3:00]

17–24 Bouncy Hip Roll, Hitch L Knee, Fw L, $\frac{1}{2}$ R, Fw L, $\frac{1}{4}$ Cross With R

1&2&3 Recover weight to R foot and start rolling hips a full turn counter clockwise – Remember to bounce both heels and body to the beat of the music (weight ends on R) [3:00]

4–6 Hitch L knee (4), rock L fw (5), recover weight back to R (6) [3:00]

7–8 Turn $\frac{1}{4}$ L stepping L to L side (7), cross R over L (8) [12:00]**25–32 Step L Fw, Heel Bounce X2, L Back Rock, Step $\frac{1}{2}$ Turn R, Step Fw L**

1&2 Step fw on L (1), lift both heels off the floor popping knees fw (&), place heels on floor again (2) [12:00]

&3–4 Lift both heels off the floor popping knees fw (&), place heels on floor again (3), rock back on L(4) [12:00]

5–6 Recover weight to R foot (5), step fw on L (6) [12:00]

7–8 Make $\frac{1}{2}$ R stepping onto R (7), step fw on L (8) [6:00]* **RESTART** here on 2nd and 6th wall, facing 12:00**33–40 Syncopated R And L Sailor Steps, Behind Turn $\frac{1}{4}$ L, Step $\frac{1}{2}$ Turn L**

1&2 Cross R behind L (1), step L to L side (&), step R to R side (2) [6:00]

&3–4 Cross L behind R (&), step R to R side (3), step L to L side (4) [6:00]

5–6 Cross R behind L (5), turn $\frac{1}{4}$ L stepping fw on L (6) [3:00]7–8 Step fw on R (7), make $\frac{1}{2}$ L stepping onto L foot (8) [9:00]**41–48 Point & Heel & Hitch, Cross, Slow Full L Unwind, Kick R Out Out**

1&2& Point R to R side (1), bring R next to L (&), touch L heel fw (2), bring L next to R (&) [9:00]

3–4 Hitch R knee (3), cross R over L (4) [9:00]

5–6 Start unwinding full turn over L shoulder (5), finish with weight on L (6) [9:00]

7&8 Kick R fw (7), step R out to R side (&), step L out to L side (8) – weight on both feet... [9:00]

49–56 Toe And Heel Swivels, Bend Knees, Body Roll, Side Rock R, Recover $\frac{1}{4}$ R, $\frac{1}{2}$ R, Side L

1&2& Swivel both toes in (1), swivel both heels in (&), swivel both toes in (2), swivel both heels in (&) [9:00]

3&4 Bend in knees (3), push pelvis (your belly!) fw starting a body roll upwards (&), finish body roll (4) [9:00]

5–6 Side rock R to R side (5), recover weight to L turning $\frac{1}{4}$ R (6) [12:00]7–8 Turn $\frac{1}{2}$ R stepping fw on R (7), step L to L side (8) (feet are now wide apart) [6:00]**57–64 Pop P, Pop L, Down R, Down L, Together R, Side Rock L, Behind, Side, Together**

1& Pop R knee fw lifting R heel off the floor (1), pop L knee fw lifting L heel off the floor (&) [6:00]

2&3 Step down on R foot (2), step down on L foot (&), step R next to L (3) [6:00]

4–5 Rock L to L side (4), recover weight to R foot (5) [6:00]

6–8 Cross L behind R (6), step R to R side (7), bring L next to R (weight on L) (8) [6:00]

NOTE!!! On 6th wall the distinct beat of the music disappears, just keep dancing up to the restart