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- 1 Step forward at 45 degrees on right pushing hips forward
2 Step forward at 45 degrees on left pushing hips forward
3 & 4 Turning right a full turn, shuffle forward (right, left, right)
5 Step forward at 45 degrees on left pushing hips forward
6 Step forward at 45 degrees on right pushing hips forward
7 & 8 Turning left full turn, shuffle forward (left, right, left)
9 - 10 Step forward on right, turn 1/4 turn left (keeping weight on right foot)

/You are now facing 9:00

- 11 & 12 Left sailor step (step left behind right, step right to right side, step left to left side)
13 - 14 Step right foot across in front of left, step left foot to left side
15 & 16 Step right behind left, step left to left, step right across in front of left
17 - 18 Step left foot to left turning 1/2 turn right, step right to right side

/You are now facing 3:00

- 19 & 20 Step left across in front of right, step right to right side, step left foot behind right
21 - 22 Touch right toe behind, turn 1/2 turn right keeping weight on left

/You are now facing 9:00

- 23 & 24 Coaster step (step back right, step back left, step forward right)
25 Step left slightly out to left side (left hand out to left side palm up)
26 Step right slightly out to right side (right hand out to right side palm up)
27 & Jump both feet together (left, right)
28 Clap
29 - 30 Pop left knee forward, as you pop right knee forward push left knee back
31 & Jump back on right foot, bring left foot together
32 Push palms of both hands forward out in front of your body

REPEAT