

**SYNCOATED HEEL AND TOE, 1/4 LEFT TWICE**

- 1 & 2 Touch right heel forward, transfer weight to left toe  
& 3 & 4 Transfer weight to right toe making 1/4 left, hold  
5 - 8 Repeat steps 1-8 (now facing back wall)

**ROCK STEP WITH 1/4 TURN RIGHT, ROCK STEP, FULL SPIN LEFT**

- 1 - 2 Rock forward on right, back on left, making 1/4 turn right  
3 & 4 Doing triple step in place right, left, right  
5 - 6 Rock forward left, back on right,  
7 & 8 Make full spin to left doing left, right, left

**BACKWARDS SHUFFLES**

- 1 & 2 Shuffle back on right, left, right  
3 & 4 Shuffle back on left, right, left

**WEAVE LEFT WITH 1/4 TURN LEFT, 1/2 PIVOT, SHUFFLE 1/2 TURN LEFT**

- 1 - 4 Cross right over left, step left to side, step right behind left step left to the left making 1/4 turn left  
5 - 6 Step forward on right, pivot 1/2 left  
7 & 8 Shuffle 1/2 turn left stepping right left right

**WEAVE RIGHT WITH 1/4 TURN RIGHT, ROCK STEP, FULL SPIN LEFT**

- 1 - 4 Cross left over right, step right to the side, step left behind right step right to the right making 1/4 turn right  
5 - 6 Rock forward on left, rock back on right  
7 & 8 Make full spin left stepping left, right, left

**CROSS RIGHT OVER LEFT, CLAP, CROSS SHUFFLE TO DIAGONAL FORWARD**

- 1 - 2 Cross right over front of left, pause as you clap on second count  
3 & 4 Cross shuffle forward to left diagonal  
5 - 6 Cross left over front of right, pause as you clap on second count  
7 & 8 Cross shuffle forward to right diagonal

**SIDE ROCK, SAILOR SHUFFLE, SIDE ROCK, RONDE 3/4 TURN TO RIGHT**

- 1 - 2 Rock out to right on right, rock back on left  
3 & 4 Cross right behind left, step left to left side, step right in place  
5 - 6 Rock out to left on left, rock back on right  
7 - 8 Ronde 3/4 turn to right using left leg with weight on right

**BACK SHUFFLE, ROCK STEP**

- 1 & 2 Shuffle back on left, right, left  
3 - 4 Rock back on right, forward on left

**STEP FORWARD, PAUSE, RIGHT SHUFFLE FORWARD, REPEAT ON LEFT**

- 1 - 2 Step forward on right, pause  
3 & 4 Right shuffle forward  
5 - 8 Repeat using left

**/Optional-steps 1-2 and 5-6 can be replaced by snake rolls for added effect)**

**RIGHT, LEFT SAILOR SHUFFLES, JUMP BACK TWICE AND CLAP**

- 1 & 2 Cross right behind left, step left to left side, step right in place  
3 & 4 Cross left behind right, step right to right side, step left in place  
& 5 - 6 Jump back landing-right, left, clap  
& 7 - 8 Jump back landing-right, left, clap

**REPEAT**

**/The last 4 counts of the dance i.e. The jump back and claps are not done at the front wall, they are only added in at the back wall. Should you choose any other music, then choose if you wish to use the last four counts all the time.**

**/On the last wall of the dance do steps 1-8 twice over and finish crossing right over left and unwind a full turn left.**

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