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- 1 Step-kick, left lock step, 1/4 turn, left side close side**
1 - 2 Step forward on right foot. Pushing off from right and turning 1/2 turn left kick left forward.
3 & 4 Step left foot forward. Lock right behind. Step left forward.
5 - 6 Step right to right side turning 1/4 turn left. Touch left next to right.
7 & 8 Step left to left side. Close right next to it. Step left to left side.
- 2 Step with touches, 1/4 lock with hold, unwind, kick.**
1 Step right foot forward.
2 & 3 Touch left forward, side and behind.
& 4 - 5 Turn 1/4 turn left stepping left forward. Lock right behind. Hold.
6 - 7 Unwind full turn over right shoulder.
8 Kick right forward as you come out of the turn.
- 3 Right rock recover coaster, sweeping turn, coaster step.**
1 - 2 Rock forward on right. Recover weight onto left.
3 & 4 Step right back. Step left next to it. Step right forward.
5 - 6 Transfer weight onto left sweeping right foot round as you turn 1/2 turn right.
7 & 8 Step right back. Step left next to it. Step right forward.
- 4 Step out left right, toe/heel swivels, right rock recover cross, press.**
1 - 2 Step out to corners left right.
3 & 4 Bring right into left swivelling right toe heel toe.
5 & 6 Rock right out to right side. Recover weight onto left. Cross right over left.
7 - 8 Press left foot to left corner to prep for next turn.
- 5 Full turn, kick and point, run back, 1/4 left.**
& 1 - 2 On right foot do a full turn keeping left knee hitched .
3 & 4 Kick left forward. Step left to place. Point right toe to right side.
5 & 6 Run back right left right.
7 - 8 Touch left toe back. Turn 1/4 turn left putting weight onto left.
- 6 1/4 left, left heel, right toe, sailor 1/4 right, scuff-hitch-step, step.**
1 Step right to place.
2 & 3 Turning 1/4 turn left place left heel forward. Step left to place. Touch right toe next to left.
4 & 5 Step right behind left turning 1/4 turn right. Step left to left side. Step right to right side.
6 & 7 Scuff left. Hitch left knee. Step left forward.
8 Step right forward.
- 7 Points, right sailor, left sailor 1/2 turn, steps out with knee pop.**
1 & 2 Point left toe to left. Bring left into place. Point right toe to right side.
3 & 4 Step right behind left. Step left to left side. Step right to right side.
5 & 6 Step left behind right turning 1/2 turn left. Step right to right side. Step left to left side.
& 7 - 8 Step out right left. Pop right knee in.
- 8 Step touch, touches, step-lock step lock-step.**
1 - 2 Step right to right side. Touch left next to it.
3 & 4 Touch left out to left side, next to right, out to left side.
5 Step left forward.
6 & 7 Lock right behind left. Step left forward. Lock right behind left.
8 Step left forward.
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