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**start with left leg slightly back****Bump hips left, right left, right left, flick**

1, 2, 3 & 4 Bump hips left, bump hips right, bump hips left, bump hips right, bump hips left as you flick your right foot over your left

**Shuffle forward right, kick left, step back left and right**

5 & 6, 7 & 8 Step forward right, step together left, step forward right. Kick left foot out in front, step down left then right

**left sailor 1/4 turn, shuffle forward right**

1 & 2, 3 & 4 Step left behind right, step right to side 1/4 left, step left to left side, step right forward, step left together step right forward

**Rock recover and step 1/2 turn**

5, 6 & 7, 8 Rock left foot forward, recover onto right and step right foot forward pivot 1/2 turn over left shoulder

**right side behind, side cross side behind**

1, 2 & 3 & 4 Step right to the side, step left behind, step right to the side, step left over right, step right to the side

**Shassy right, rock recover**

5 & 6, 7, 8 Step right to right side, step left together, step right to right side, rock back left behind right and recover on to right

**Point left and right, hitch 1/4 turn step**

1 & 2, 3, 4 Point left foot out to side, point right foot out to the side, turning 1/4 turn to the right, hook right foot across left leg, stepping right foot down

**left mambo step, right coaster step**

5 & 6, 7 & 8 Rock forward on to left, recover onto right, stepping back on left. Step forward right, left together, step right back

**Shassy left, Shassy 1/4 turn right**

1 & 2, 3 & 4 Step left to side, right together, left to side. Turn 1/4 right step right to side, left together, step right to side

**Cross , hold and cross and cross**

5, 6 & 7 & 8 cross left foot over right foot and hold, step right to right side, cross left foot over right foot, step right foot to side and cross left foot over right foot

**rock 1/4 turn recover, shuffle 3/4 turn**

1 & 2, 3 & 4 step right foot forward 1/4 turning right, recover onto left. over right shoulder 3/4 turn, step 1/2 back right together on left, step 1/4 turn forward

**left heel, right heel, left point back unwind 1/2 turn**

5 & 6, 7, 8 left heel forward, left to place, right heel forward, point right foot back, unwind over right shoulder