

SAILOR SHUFFLES

- 1 & 2 With body facing slightly left, step left foot behind right, step right foot to right side, step left foot to left side
- 3 & 4 With body facing slightly right, step right foot behind left, step left foot to left side, step right foot to right side
- 5 & 6 With body facing slightly left, step left foot behind right, step right foot to right side, step left foot to left side
- 7 & 8 With body facing slightly right, step right foot behind left, step left foot to left side, step right foot to right side

SHUFFLE FORWARD LEFT, RIGHT, ROCK FORWARD, COASTER STEP

- 9 & 10 Step forward with left, step together with right, step forward left
- 11 & 12 Step forward with right, step together with left, step forward right
- 13 - 14 Rock forward on left foot, replace weight back on right foot
- 15 & 16 Step back with left foot, step together with right, step forward with left foot

SIDE SHUFFLE, FULL TURN, SIDE SHUFFLE, ROCK BEHIND

- 17 & 18 Side step right on right, quickly slide and step left foot beside right, side step right on right foot
- 19 - 20 Touch left foot behind right, starting a full turn left on ball of right foot, transfer weight to left foot finishing full
- 21 & 22 Side step right on right, quickly slide and step left foot beside right, side step right on right foot
- 23 - 24 Rock behind on a 45 angle left onto left foot, step in place with right foot

SIDE SHUFFLE, FULL TURN, SIDE SHUFFLE, ROCK BEHIND

- 25 & 26 Side step left on left, quickly slide and step right foot beside left, side step left on left foot
- 27 - 28 Touch right foot behind left, starting a full turn right on ball of left foot, transfer weight to right foot finishing full turn
- 29 & 30 Side step left on left, quickly slide and step right foot beside left, side step left on left foot
- 31 - 32 Rock behind on a 45 angle right onto right foot, step in place with left foot

SYNCOPATED DWIGHTS

- 33 With weight on left toe, twist left heel right while lifting right knee in front of left leg
- & With weight on left heel, shift left toe to right & touch right toe next to the left
- 34 With weight on left toe, shift left heel right while lifting right knee in front of left leg
- & With weight on left heel, shift left toe to right & touch right toe next to the left
- 35 With weight on left toe, shift left heel right while lifting right knee in front of left leg
- & With weight on left heel, shift left toe to right & touch right toe next to the left
- 36 With weight on left toe, shift left heel right while lifting right knee in front of left leg

RUNNING MAN

- 37 & Step forward on right foot, scoot back on ball of right foot while raising left leg bent at the knee
- 38 & Step forward on left foot, scoot back on ball of left foot while raising right leg bent at the knee
- 39 & Step forward on right foot, scoot back on ball of right foot while raising left leg bent at the knee
- 40 Step forward on left foot

HIP BUMPS FORWARD AND BACK

- 41 & 42 With weight on left foot at 45 angle bump left hip forward, shift weight to right foot while bumping right hip back, shift weight to left foot while bumping left hip forward
- 43 & 44 Shift weight to right foot while bumping right hip back, shift weight to left foot while bumping left hip forward, shift weight to right foot while bumping right hip back

SHUFFLE BACK, CROSS, UNWIND HALF

- 45 & 46 Step back with left foot, step together with right, step back with left foot
- 47 - 48 Cross right foot over left, unwind 1/2 turn to the left leaving weight on left foot

SYNCOPATED DWIGHTS

- 49 With weight on left toe, twist left heel right while lifting right knee in front on left leg
- & With weight on left heel, shift left toe to right & touch right toe next to the left

50 With weight on left toe, shift left heel right while lifting right knee in front of left leg
& With weight on left heel, shift left toe to right & touch right toe next to the left
51 With weight on left toe, shift left heel right while lifting right knee in front of left leg
& With weight on left heel, shift left toe to right & touch right toe next to the left
52 With weight on left toe, shift left heel right while lifting right knee in front of left leg

RUNNING MAN

53 & Step forward on right foot, scoot back on ball of right foot while raising left leg bent at the knee
54 & Step forward on left foot, scoot back on ball of left foot while raising right leg bent at the knee
55 & Step forward on right foot, scoot back on ball of right foot while raising left leg bent at the knee
56 Step forward on left foot

HIP BUMPS FORWARD AND BACK

57 & 58 With weight on left foot at 45 angle bump left hip forward, shift weight to right foot while bumping right
hip back, shift weight to left foot while bumping left hip forward
59 & 60 Shift weight to right foot while bumping right hip back, shift weight to left foot while bumping left hip
forward, shift weight to right foot while bumping right hip back

SHUFFLE BACK, CROSS, UNWIND HALF

61 & 62 Step back with left foot, step together with right, step back with left foot
63 - 64 Cross right foot over left, unwind 1/2 turn to the left shifting weight to right foot

REPEAT