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- Head Up, Shoulders R,l,r.**  
1 - 4 Level Head Fwd, Roll Right Shoulder Back, Roll Left Shoulder Back, Roll Right Shoulder Back And Weight On Right.
- Kick & Cross, Point, R Sailor Step**  
5 & 6 Kick Left Foot Fwd And Cross Left Over Right, Touch Right To Right Side.  
7 & 8 Step Right Behind Left And Step Left To Side, Right Fwd.
- Skate,l,r,l, 1/4 Turn**  
9 Weight On Right Skate Left Foot Left Turning Body To Left Diagonal,  
10 Weight On Left Skate Right Foot Right Turning Body To Right Diagonal,  
11 Weight On Right Skate Left Foot Left Turning Body To Left Diagonal,  
12 Complete 1/4 Turn Left.
- Kick & Cross, Point, L Sailor Step**  
13 & 14 Kick Right Foot Fwd And Cross Right Over Left, Touch Left To Left Side.  
15 & 16 Step Left Behind Right And Step Right To Side, Left Fwd.
- Walk R,l, R Shuffle**  
17,18 Right Fwd, L Fwd.  
19 & 20 Right Fwd And Left Together, Right Fwd.
- Modified Diagonal Mambo Fwd X 2**  
21 & 22 Cross Left Diagonal Fwd And Weight Shift Right, Left Diagonal Back.  
23 & 24 Cross Left Diagonal Fwd And Weight Shift Right, Left Diagonal Back.
- Diagonal Stomp Fwd, Stomp, Heel Bounces X 3.**  
25,26 Stomp Crossing Left Diagonal Fwd, Stomp Right Foot Down 1/2 Turn Right Pivoting On Ball Of Left Foot Weight Equal.  
27 & 28 Bounce Both Heels Three Times Whilst Returning 1/2 Turn Left.
- Coaster Step, Out, Out. (head Down)**  
29 & 30 Step Left Back And Right Back, Left Fwd  
31,32 Small Step Out Right Placing Foot Under Right Hip, Small Step Left Placing Foot Under Left Hip Dropping Head At The Same Time.
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