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- 1 ROCK & CROSS, HEEL BALL CROSS, ROCK RECOVER, BEHIND SIDE FRONT**
1 & 2 Rock right to right side, recover onto left, cross right over left
3 & 4 left heel forward, step back on left ball, cross right over left
5 - 6 Rock left to left side, recover onto right
7 & 8 Step left behind, step right to right side, step right over left
- 2 RIGHT CHASSE, HEEL, TOE, HEEL, BACK LOCK STEP, ROCK RECOVER 1/4 TURN, STOMP**
1 & 2 Step right foot to side, close left foot next to right, make 1/4 turn right stepping forward on right (3.00)
3 & 4 Place left heel forward, point left toes back, place left heel forward
5 & 6 Step back on left, cross right across left, step back on left
7 & 8 Rock back on right, recover onto left, making 1/4 turn to 06:00, stomp right next to left
- 3 TOE HEEL STOMP, TOE HEEL STOMP, BIG STEP & DRAG, TOUCH, KICK BALL CROSS**
1 & 2 Touch left toe in towards right instep turning knee in, touch left heel in towards instep turning knee out
2 stomp forward on left
3 & 4 Touch right toe in towards left instep turning knee in, touch right heel in towards instep turning knee out
4 Stomp forward on right
5 - 6 Take a big step to left, dragging right, touch right to left
7 & 8 Kick right forward, step back onto right, cross left over right
- 4 BOUNCE & BOUNCE 1/2 TURN, STEP BACK R,L, APPLE JACK (OR HEEL FANS), WALK FWD RIGHT, LEFT**
1 & 2 Bounce heels up & down making 1/2 turn to 12:00
3 - 4 Step back on right, step left next to right
5 & 6 & 7 Apple jack (left toes left first) or easier alternative R heel fan L heel fan
7 - 8 Walk forward right, walk forward left
- 5 HEEL GRIND, BALL CROSS, 1/4, L COASTER STEP, TOUCH R BACK UNWIND 1/2**
1 - 2 Right heel grind across left travelling to left side, Step left to left side
& 3 - 4 Step right next to left, Cross left over right, 1/4 left stepping back right (09:00)
5 & 6 Step back on Left. Step Right beside Left. Step forward on Left (Coaster)
7 - 8 Touch right behind left, Unwind 1/2 right (weight on right) (03:00)
- 6 LEFT RUMBA BOX, BUMP HIPS L,R,L, KICK, STOMP, STOMP**
1 & 2 Step left to left side, step right to left, step left forward
3 & 4 Step right to right side, step left to right, step back on right
5 & 6 Hips bumps left, right, left
7 & 8 kick right forward, stomp down on right, stomp left next to right
- END OF DANCE**
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