
Intro: 68 counts start on heavy beat

HEEL GRIND, SIDE STEP, SAILOR STEP, CROSS, SIDE, SAILOR 1/4 LEFT

- 1-2 Dig right heel over left, Grind heel clockwise whilst stepping left to left side
3&4 Step right behind left, Step left to left side, Step right to right side
5-6 Cross step left over right, Step right to right side
7&8 Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side

CROSS SAMBA, CROSS SAMBA, ROCK FORWARD, RECOVER, & TOUCH, STEP FORWARD

- 1&2 Cross step right over left, Rock out to left side, Step slightly forward on right
3&4 Cross step left over right, Rock out to right side, Step slightly forward on left
5-6 Rock forward on right, Recover on left
&7-8 Step back on right, Touch left next to right, Step forward on left

STEP 1/2 LEFT, SHUFFLE, FULL TURN RIGHT, KICK BALL POINT

- 1-2 Step forward on right, Turn 1/2 left
3&4 Step forward on right, Step left next to right, Step forward on right
5-6 Turn 1/2 right stepping back on left, Turn 1/2 right stepping forward on right
7&8 Kick left foot forward, Step ball of left next to left, Point right toes out to right side

SAILOR STEP, SAILOR STEP, MAMBO STEP, COASTER STEP

- 1&2 Step right behind left, Step left to left side, Step right to right side
3&4 Step left behind right, Step right to right side, Step left to left side
5&6 Rock forward on right, Recover on left, Step back on right
7&8 Step back on left, Step right next to left, Step forward on left

Tags: At the end of walls 5 & 10

ROCKING CHAIR

- 1-2 Rock forward on right, Recover on left
3-4 Rock back on right, Recover on left