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- Kick Rf Forward, Out Out, Sailor Step With 1/4 Turn R, Heel And Scuff, R Shuffle Back**
1&2 Kick Rf forward, step Rf next to Lf, Step Lf to L side
3&4 Cross Rf behind Lf, Step Lf to L side, make a 1/4 turn R and step Rf forward
5&6 Touch L heel forward, step Lf next to Rf, scuff Rf forward
7&8 Step back on Rf, close Lf next to Rf, step back on Rf
- Touch L Toe Back, 1/2 Turn L, Triple Step With R Making A 1/2 Turn L, Cross Back Back X2**
1-2 Touch Lf back, make a 1/2 turn L putting weight onto Lf
3&4 Step forward on Rf, close Lf next to Rf as you make a 1/2 turn L, step forward on Rf
5&6 Cross Lf over Rf, step back on Rf, step Lf to L side
7&8 Cross Rf over Lf, step back on Lf, step Rf to R side
- Big Step Forward On Lf, Close, Touch L And R, Rock, Recover, Triple Step With L Making A Full Turn**
1-2 Take a big step forward on Lf, close Rf next to Lf
3&4& Touch Lf to L side, close Lf next to Rf, touch Rf to R side, close Rf next to Lf
5-6 Rock forward on Lf, recover onto Rf
7&8 Make 1/2 turn L and step forward on Lf, close Rf next to Lf, make 1/2 turn L and step forward on Lf
- Rock, Recover, 1/4 Turn Shuffle R, Cross, Clap, & Cross X2**
1-2 Rock forward on Rf, recover onto Lf
3&4 Make a 1/4 turn R and step rf to R side, close Lf next to Rf, step Rf to R side
5-6 Cross Lf over Rf, clap
&7&8 Cross Lf over Rf, step Rf to R side, Cross Lf over Rf, step Rf to R side
- Rock To R, Recover, Cross Shuffle, Sweep, Syncopated Weave To R, Close**
1-2 Rock Rf to R side, recover onto Lf
3&4& Cross Rf over Lf, step Lf to L side, cross Rf over Lf, sweep Lf out to L side
5&6& Cross Lf over Rf, step Rf to R side, cross Lf behind Rf, step Rf to R side
7&8 Cross Lf over Rf, step Rf to Side, step Lf next to Rf
- Heels Out, In, Touch R, Close, Heels Out, In, Touch L Close X2**
1&2& Twist both Heels out, twist both heels in, touch R heel diagonally out to R side, close Rf next to Lf
3&4& Twist both Heels out, twist both heels in, touch L heel diagonally out to L side, close Lf next to Rf
5&6& Twist both Heels out, twist both heels in, touch R heel diagonally out to R side, close Rf next to Lf
7&8& Twist both Heels out, twist both heels in, touch L heel diagonally out to L side, close Lf next to Rf

Start again, Enjoy the Dance and let the music take you!