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- 1 Touch Right , Kick Right, Right coaster step, walk L,R, L shuffle forward**  
1 - 2 - 3 & 4 Touch right beside left, kick right forward, step back on the right, step left to right, step forward on the right  
5 - 6 - 7 & 8 Walk forward left, right, step forward on the left, step right to left, step forward on the left
- 2 Rock R side, recover, R cross shuffle, rock L side, recover, sailor ¼ left**  
1 - 2 - 3 & 4 rock right to right side, recover weight onto left, cross right over left, step left to left side, cross right over left  
5 - 6 - 7 & 8 rock left to left side, recover weight on to right, making ¼ turn to the left step left behind right, step right in place, step forward on the left to face 9.00
- 3 Rock forward R, recover & heel & touch, R shuffle back, triple turn ½ L**  
1 - 2 & 3 & 4 Rock forward on the right, recover weight onto left, step onto right, touch left heel forward, quickly step left beside right, touch right toes beside left  
5 & 6 - 7 & 8 step back on the right, step left to right, step back on the right. Making ½ turn over left shoulder step left, right, left
- 4 R shuffle forward (body twist), L shuffle forward (body twist), step pivot ½, step pivot ¼**  
1 & 2 - 3 & 4 step forward on the right, step left to right, step forward on the right twisting body round to the left and back to centre. Step forward on the left, step right to left, step forward on the left twisting body round to the right and back to centre.  
**(Restart here wall 4)**  
5 - 6 - 7 - 8 step forward on the right, pivot ½ turn over left shoulder, step forward on the right, pivot ¼ turn over left shoulder
- 5 Up & down hip bumps, rock L fwd, recover, L sailor ¼ L**  
1 & 2 & 3 & 4 step forward on the right bumping hips up & down & up & down ( making a "C" shape with your hips)  
5 - 6 - 7 & 8 rock forward on the left, recover weight onto right. step left behind right, step right in place, step forward on the left making ¼ turn left
- 6 Up & down hip bumps, rock L fwd, recover, L coaster step**  
1 & 2 & 3 & 4 step forward on the right bumping hips up & down & up & down ( making a "C" shape with your hips)  
5 - 6 - 7 & 8 rock forward on the left, recover weight onto right. Step back on the left, step right to left, step forward on the left
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