

Section 1 Walk Forward, Swivel step, Walk back, Coaster step, step

- 1 - 2 Step forward right, left
3 & 4 Step right forward, swivel heels to right then centre
5 - 6 Step back right, left
7 & Step back on right, step left next to right
8 & Step right forward, step left forward

Section 2 Syncopated side rocks, 2 x Kicks, Sailor ¼ turn to right

- 1 - 2 & Rock right to right side, replace weight on left, step right next to left
3 - 4 & Rock left to left side, replace weight on right, step left beside right
5 - 6 Kick right forward, Kick right to right side
7 & 8 Sailor ¼ turn to right stepping right, left, right

Section 3 2 x Toe struts ¼ turn to right, Kick ball cross, heel ball cross

- 1 - 2 Toe strut forward on left
3 - 4 Toe strut right to right side turning ¼ to right
5 & 6 Kick left to left diagonal, step in place, cross right over left
& 7 Step left slightly to left side, dig right heel to right diagonal
& 8 Step right next to left, cross left over right

Section 4 2 x Hip bumps with ¼ turn to right, Box step with arm movements

- 1 & 2 Step right to right side bumping hips right, left, right
3 & 4 Step left to left side turning ¼ to left whilst bumping hips left, right, left
5 - 6 Step right forward to right diagonal, point arms up to right, Step left forward to left diagonal, point arms up to left
7 - 8 Step right back, point arms down to right, step left back point arms down to left.

Restarts On Walls 3 & 7 Restart at the end of section 1
