
Sequence: AABAA BBBAA

Intro: 32 counts from start of track (approx. 32sec. into track), dance begins on vocals

Part A

1-8 Kick Ball Cross, & Heel & Cross, Kick Ball Cross, & Heel, Hold

1&2 Kick L fwd to L diagonal, Step in place on ball of L, Cross R over L

&3&4 Step L back, Dig R heel fwd to R diagonal, Step R next to L, Cross L over R

5&6 Kick R fwd to R diagonal, Step in place on ball of R, Cross L over R

&7, 8 Step R back, Dig L heel fwd to L diagonal, Hold

9-16 Side-Cross, Hold, Side-Cross, Side-Cross, Side, 1/4R, 1/4R-Cross, 1/4R

&1, 2 Step L ball slightly side L, Cross R over L, Hold

&3&4 Step L ball slightly side L, Cross R over L, Step L ball slightly side L, Cross R over L,

5, 6 Rock L to side L, Recover R making 1/4R (3:00)

&7, 8 Turn 1/4R stepping L to side, Cross R over L, Turn 1/4R stepping L back with R knee slightly hitch(9:00)

17-24 1/4R Side-Together-Side, & Knee Rolls R, Side-Together-Side, & Knee Rolls 1/4L

1&2& 1/4R stepping R to side R, Step L next to R, Step R to side R, Step L next to R (12:00)

3 – 4 Touch R to side R as you roll R knee out, Roll R knee out again shifting weight to R

5&6& Step L to side L, Step R next to L, Step L to side L, Step R next to L

7-8 Touch L to side L as you roll L knee out, Roll L knee out again shifting weight to L while making 1/4 L (9:00)

25-32 & Fwd, Lock, & Scuff-1/4R, Side, & Heel, Bounce, & Cross, Unwind 1/2L

&1, 2 Step R next to L, Step L Fwd, Lock R behind L

&3, 4 Step L Fwd, Scuff R fwd making 1/4R, Step R to side with shoulder width apart (12:00)

&5, 6 Pop Both Knees Up, Heels bounce, Heels bounce again

&7, 8 Step L next to R, Cross R over L, Unwind 1/2L ending weight on R (6:00)

Part B

1-8 Ball-Cross, 1/4L, Side-Cross, 1/4L, Ball-Cross, 1/4L, Side-Cross, 1/4L

&1, 2 Step L ball slightly back, Cross R over L with bending knees and dip slightly angling upper body R, Turn 1/4L stepping L fwd (9:00)

&3, 4 Step R ball slightly side, Cross L over R with bending knees and dip slightly angling upper body L, Turn 1/4L stepping R back (6:00)

&1, 2 Step L ball slightly back, Cross R over L with bending knees and dip slightly angling upper body R, Turn 1/4L stepping L fwd (3:00)

&3, 4 Step R ball slightly side, Cross L over R with bending knees and dip slightly angling upper body L, Turn 1/4L stepping R back (12:00)

9-16 & Point, & Point, & Heel, & Heel, & Fwd, Recover, & Fwd, Heel-Swivel

&1&2 Step L next to R, Touch R to side R, Step R next to L, Touch L to side L

&3&4 Step L next to R, Touch R heel fwd, Step R next to L, Touch L heel fwd

&5, 6 Step L next to R, Rock R fwd, Recover on L

&7, 8 Step R next to L, Step L fwd, Swivel Heels to L, Return Heels to centre ending weight on R

17-24 & Grind, & Grind, & Grind, & Grind, & 1/4R-Cross, Hold, Side-Cross, Kick

&1&2 Slide L back, Grind R heel to side R, Slide R back, Grind L Heel to side L

&3&4 Slide L back, Grind R heel to side R, Slide R back, Grind L Heel to side L

&5, 6 Step L next to R, Turn 1/4R crossing R over L, Hold (3:00)

&7, 8 Step L ball slightly to side L, Cross R over L, Kick L fwd to diagonal L

25-32 Crossing shuffle, 1/2R Crossing shuffle, Back-Kick, Ball-change, Fwd, Roll 1/4L

1&2 Cross L ball over R, Step R slightly to side R, Cross L ball over R

&3&4 Turn 1/2R Sharply on ball of L, Cross R ball over L, Step L slightly to side L, Cross R ball over L (9:00)

&5, 6 Step L back, Kick R fwd, Step R ball slightly back

&7, 8 Step L in place, Step R fwd, Roll upper body counter clockwise making 1/4L ending weight on R (6:00)

Ending: Dance till the end of Part A (Unwind 1/2L, facing 12:00), open your arms over head, Post!
