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- Section 1**      **Step Forward Right, Step ½ Pivot, Step, Full Turn Left, Step Forward Right, Step ½ Pivot, Step, Full Turn.**
- 1,2&3      Step forward on right (1), step forward on Left (2) pivot ½ turn over Right (&),  
Step forward on left(3)
- 4&5      Travelling forward make a ½ turn Left stepping back on to Right (4), ½ turn Left stepping  
forward on to Left (&), step forward on Right (5)  
**(Alternative for counts 4&, Run forward Right (4), Left (&))**
- 6&7      Step forward on Left (6) pivot ½ turn Right (&), Step forward on Left (7)
- 8&      Travelling forward make a ½ turn Left stepping back on to Right foot (8), ½ Left turn stepping  
forward on to Left foot (&)  
**(Alternative for counts 8&, Run forward Right (8), Left (&))**
- Section 2**      **Full Turn, Press, Sweep, Behind, Side, Cross And Cross, Lunge, Rolling 1 ¼ Vine.**
- 1&2      Make a full turn traveling forward stepping ½ turn back on to Right (1), ½ turn stepping forward  
on to Left (&), press weight forward on to Right (2)  
**(Alternative for counts 1&, Run forward Right (1), Left (&))**
- 3,4&      Recover weight on to Left as you sweep the Right foot round front to back (3),  
step Right behind Left (4), step Left to Left side
- 5&6      Cross Right over Left (5), Step Left to Left side (&), Cross Right over Left (6)
- 7      Lunge out to left side, pointing right toe to right side.(7) (preparing to turn Right)
- 8&1      Make a ¼ turn Right stepping forward on to Right (8), make a ½ turn Right stepping back on  
to Left (&), make a further ½ turn Right stepping forward on to Right (1)  
**(Alternative for counts 8&1, ¼ stepping forward Right (8), Run forward Left (&), Right (1))**
- Section 3**      **Rock ¼ Left, Sway, Sway, Night Club Right, Step Left, Sailor ½ Right.**
- 2&3      Rock forward on to left (2), recover weight on to Right (&), make a ¼ turn Left stepping  
Left to Left side.
- 4&      Sway Right (4), sway Left (&)
- 5,6&7      Step Right to Right side (5), step Left next to Right (6), Cross Right over Left (&),  
step Left to Left side (7)
- 8&1      Cross Right behind Left (8), make a ¼ turn Right stepping Left to Left side(&),  
make a further ¼ turn right as you cross Right over Left(1)
- Section 4**      **Left Rock, Recover, Cross, Side, Behind, Side, Cross, Right Rock, Recover, Cross, Side, Behind, Side.**
- 2&3&      Rock Left out to Left side (2), recover weight Right (&), cross Left over right (3),  
step Right to Right side (&)
- 4&5      Step Left behind Right (4) step Right to Right side (&) Cross Left over Right (5)
- 6&7&      Rock Right out to Right side (6), recover weight left (&), Cross Right over Left (7),  
Step Left to Left side (&)
- 8&      Step Right behind Left (8), Step Left to Left side (&).
- Start again.
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