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- Section 1 Back, Back, L Shuffle, Back Rock R Shuffle**
1 2 Step back on L, Step back on R
3&4 Step back on L, step R next L, step L back
5 6 Rock back onto R, recover onto L
7&8 Step forward onto R, step L next to R, step R fwd
- Section 2 Quarter Turn R, Cross Shuffle, Side Rock, Behind Side Cross**
1 2 Step L forward, turn 1/4 turn R (weight on R foot)
3&4 Cross L over R, step R to R, cross L over R
5 6 Step R to R, recover onto L
7&8 Step L behind R, step L to L, cross R over L
- Section 3 Step 1/8 Turn x2, Step Point x2**
1 2 Step L forward, turn 1/8 turn R (weight on R foot)
3 4 Step L forward, turn 1/8 turn R (weight on R foot)
5 6 Step L forward, point R to R side
7 8 Step R forward, point L to L side
- Section 4 Rock Recover, Coaster Step X 2**
1 2 Rock Forward onto L, recover onto R
3&4 Step L back, step R next to L, step L forward
5 6 Rock forward onto R, recover onto L
7&8 Step R back, step L next to R, step R forward
- Tag: At end of walls 3 facing 6 o'clock, 7 facing 12 o'clock**
End of dance wall 9 facing 6 o'clock, repeat Tag 3 times
- Tag: Monterey Quarter Turns**
1 2 Step L, point R
3 4 Turn 1/4 R placing R next to L, point L to L
5 6 Step L next to R, point R to R
7 8 Turn 1/4 R placing R next to L, point L to L

I found that the beginners were struggling with the Monterey turns for the tag and therefore changed the tag. The original tag can be used as an option should the instructors wish to do it that way.

- Step Point X 2, Walk L,R,L,R Making Half Turn**
1-4 Step L fwd, point R to right, step R fwd, point L to left
5-8 Walk fwd L turning 1/8 right, walk R turning 1/8 right, walk L turning 1/8 right,
walk R turning 1/8 right R to complete half turn.

After Wall 9, 3 tags but 3rd tag is as follows to end the dance

- Step Point X 2 , Cross Unwind**
1-4 Step L fwd, point R to right, step R fwd, point L to left
5-8 Step L fwd, cross R over L, make half turn left and hold!

This dance has been choreographed at the request of beginner dancers who belong to a women's support group in Hanover Park, Cape Town, South Africa.