

**1 - 8 RIGHT ROCK STEP, 1/4 RIGHT TURNING SAILOR STEP, SIDE STEPS WITH HANDS, ARM MOVEMENTS**

- 1 - 2 Rock right to side, recover weight back to left  
3 & 4 Step right behind left, step left next to right, turn 1/4 to right and step right to right diagonal  
5 - 6 Step left out to side, step right out to side (feet now should apart)

**Arm movement: On count 5 reach with your right hand to far left as if trying to reach something from the upper shelf on the left, on count 6 reach do the same with your left hand reaching to far right**

- 7 - 8 Lean more to your right foot while bending the right foot a little (and the left).

**Arm movement: On count bring your hand from your forehead spinning down pointing at your toes in the end as to illustrate the words "from my head to my toes".**

**9 - 16 SYNCOPATED BACK ROCK, BODY ROLL, CHEST PUMP**

- 1 - 2 Rock left behind right, recover weight back to right, step left to side (body slightly leaning to right)  
3 - 4 Body roll from top to bottom  
5 & Pump chest up & out, return chest back to centre  
6 & Pump chest up & out, return chest back to centre  
7 & Pump chest up & out, return chest back to centre  
8 & Pump chest up & out, return chest back to centre (and stand up weight ending on your left foot)

**17 - 24 STEPS, ELECTRIC KICK, 1/2 RIGHT TURNING HEEL SWIVEL TURN**

- 1 - 2 Step right forward, step left forward  
3 & 4 & Step right forward, recover weight back to left, step right back and kick left, step weight back to left  
5 Step right forward  
6 & 7 Step left forward, twist right heel towards left heel making a turn 1/4 right (weight ends on right), turn 1/4 right twisting left heel back (weight ends on left)  
8 Touch right next to left

**25 - 32 STEPS, 1/2 RIGHT TURNING SAILOR TOUCH, DIAGONAL STEPS**

- 1 - 2 Step forward right, step forward left  
3 & 4 Step right behind left and turn 1/4 to right, step left next to right and turn 1/4 to right, touch right next to left  
5 & Step right diagonal, touch left next to right  
6 & Step left diagonal, touch right next to left  
7 & Step right diagonal, touch left next to right  
8 & Step left diagonal, touch right next to left

**Note: On wall 8, leave the last two chest pumps off to continue with the steps forward as the music kicks in again. Special thanks to TW for your suggestion of music.**