
Start: 16 Count Intro, ".....is aching"

Section 1 "V" Step Forward, "V" Step forward

1 2 Step R forward to right diagonal, Step L forward to left diagonal
3 4 Step R back to centre, Step L back beside right
5 6 Step R forward on right diagonal, Step L forward on left diagonal
7 8 Step R back to centre, Step L back beside right

Section 2 Back, Touch, Forward, Touch, ¼ Turn Monterey

1 2 Step R back, Touch L toe across in front of right foot
3 4 Step L forward, Touch R beside left
5 6 Touch R toe to right side, Turning 90° right step R beside left 3
7 8 Touch L toe to left side, Step L beside right *

Section 3 Rumba Back, Rumba Forward

1-4 Step R to right, Step L beside right, Step R back, Touch L beside right
5-8 Step L to left, Step R beside left, Step L forward, Touch R beside left

Section 4 Side, Touch, Heel, Touch, Side, Touch, Heel, Touch

1 2 Step R to right, Touch L beside right
3 4 Touch L heel to left diagonal, Touch L beside right
5 6 Step L to left, Touch R beside left
7 8 Touch R heel to right diagonal, Touch R beside left

Start Dance Again

Restart: * Wall 5 after Count 16 facing 3 o'clock.

Finish: During Wall 10 after the Rumba's, change the last 8 counts of the dance to the following to finish the dance at the front wall.

¼ Turn Monterey, ¼ Turn Monterey (modified)

1 2 Touch R toe to right side, Turning 90° right step R beside left
3 4 Touch L toe to left side, Step L beside right
5 6 Touch R toe to right side, Turning 90° right step R beside left
7 8 Touch L toe to left side, Hold