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- Intro: 16 Counts**
- Tag: An 8 Count Tag Will Occur After Wall 8 (Facing 12.00)**
- Section 1: Heel Touches With Arm Movements (2X), Weave With 1/4 Turn L, Walks L/R, Syncopated Runs Forward**
- 1-2 Rf touch heel diagonally forward right, Rf touch heel diagonally forward right
(optional : throw hands up to same side as heel touches)
- 3&4 Rf cross behind Lf, make 1/4 turn left stepping Lf forward (&), Rf step forward (9.00)
- 5-6 Lf step forward, Rf step forward
- 7&8& Lf small step forward, Rf small step forward(&), Lf small step forward, Rf small step forward(&)
- Section 2: Rock/Recover, Shuffle With 3/4 Turn L, Out, Knee Pop, Syncopated Weave**
- 1-2 Lf rock forward, recover onto Rf
- 3&4& Make 1/4 turn left stepping Lf left (6.00), Rf step together (&), make 1/4 turn left stepping Lf forward (3.00), make 1/4 turn left (&)
- 5&6 Rf step right (12.00), pop both knees up (&), stretch both knees again (weight ends on Rf)
- 7&8& Lf cross behind Rf, Rf step right(&), Lf cross in front of Rf, Rf step right (&)
- Section 3: Cross Behind, Touch, Cross In Front, Touch, Cross, 1/4 Turn L, Back, Side, Syncopated Touches Across L**
- 1-2 Lf cross behind Rf, Rf touch right
- 3-4 Rf cross in front of Lf, Lf touch left
- 5-6 Lf cross in front of Rf, make 1/4 turn left stepping Rf back (9.00)
- 7&8& Lf step left, Rf touch toes on right diagonal (&), Rf touch toes in front of Lf, Rf touch toes in front and across Lf (&)
- Section 4: Cross, Side, Weave, Rock/Recover, Triple Full Turn L**
- 1-2 Rf cross in front of Lf (taking weight on it), Lf step left
- 3&4 Rf cross behind Lf, Lf step left (&), Rf cross in front of Lf
- 5-6 Lf rock left, recover onto Rf
- 7&8 Make a full triple turn over left shoulder stepping L,R,L (9.00)
optional:in stead of full triple turn left you can do weave.
- Tag: an 8 count Tag will occur after wall 8 facing 12.00 o'clock**
- Rock/Recover In Place (4X) With Arm Movements**
- 1-2 Rf rock right, Recover onto Lf (raise your right hand, palm up)
- 3-4 repeat (raise your left hand, palm up)
- 5-6 repeat (raise both hands, palms up)
- 7-8 repeat
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