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| Section 1 | Back with Sweep R, Hold, Back with Sweep L, Hold, Slow Coaster Step, Hold | |
| 1, 2 | RF sweeps back, Hold | |
| 3, 4 | LF sweeps back, Hold | |
| 5, 6 | Step back with RF, Step LF beside RF | |
| 7, 8 | Step forward with RF, Hold | |
| Section 2 | Heel Strut L, Heel Strut R, Full Turn R, Step L, Hold | |
| 1, 2 | Touch left heel forward, drop toe to take weight | |
| 3, 4 | Touch right heel forward, drop toe to take weight | |
| 5, 6 | ½-Turn right with LF steps backward, ½-Turn right with RF steps forward | |
| 7, 8 | Step forward with LF, Hold | |
| | Restart here on wall 4, facing 9 o'clock | |
| Section 3 | Side R, Scuff, Side L, Scuff, Side R, Behind, ¼-Turn Step R, Hold | |
| 1, 2 | Step RF to right side, scuff LF forward | |
| 3, 4 | Step LF to left side, scuff RF forward | |
| 5, 6 | Step RF to right side, cross LF behind RF | |
| 7, 8 | ¼-Turn right with RF steps forward, Hold | 3 |
| Section 4 | ½ StepTurn R, Step L, Hold, Heel, Together, Heel, Together | |
| 1, 2 | Step forward with LF, pivot ½-Turn right | 9 |
| 3, 4 | Step forward with LF, Hold | |
| 5, 6 | Touch right heel forward, Step RF beside LF | |
| 7, 8 | Touch left heel forward, Step LF beside RF | |
| | Restarts here on wall 2 (3 o'clock) and on wall 6 (12 o'clock) | |
| Section 5 | Side-Rock, Cross, Hold, HingeTurn R with ¼ Back and ¼ Side, Step L, Hold | |
| 1, 2 | Step RF to right side, recover weight to LF | |
| 3, 4 | Ccross RF over LF, Hold | |
| 5, 6 | ¼-Turn right with LF steps backward, ¼-Turn right with RF steps to right side | 3 |
| 7, 8 | Step forward with LF, Hold | |
| Section 6 | Rocking-Chair, ¼-Step Turn L, Cross, Hold | |
| 1, 2 | Step forward with RF, Recover weight to LF | |
| 3, 4 | Step backward with RF, Recover weight to LF | |
| 5, 6 | Step forward with RF, pivot ¼-Turn left | 12 |
| 7, 8 | Cross RF over LF, Hold | |
| Section 7 | Side, Together, Step, Scuff, Side, Scuff, Side, Scuff | |
| 1, 2 | Step LF to left side, Step RF beside LF | |
| 3, 4 | Step forward with LF, scuff RF forward | |
| 5, 6 | Step RF to right side, scuff LF forward | |
| 7, 8 | Step LF to left side, scuff RF forward | |
| Section 8 | Step-Lock-Step, Scuff, ½ Stepturn R, Stomp, Hold | |
| 1, 2 | Step forward with RF, lock LF behind RF | |
| 3, 4 | Step forward with RF, scuff LF forward | |
| 5, 8 | Step forward with LF, pivot ½-Turn right | 6 |
| 7, 8 | Stomp LF beside RF, Hold | |

Restarts:

On wall 2 after 32 counts (3 o'clock)

On wall 4 after 16 counts (9 o'clock)

On wall 6 after 32 counts (12 o'clock)