



**Intro: 16 counts**

- Section 1 Mambo Step, Coaster Step, Kick, Step Lock, Step, Side R, Heel Ball Cross**  
1&2 Rock forward on R, Recover on L, Step back on R  
3&4 Step back on L, Step R next to L, Step forward on L  
5&6& Kick R forward, Step R forward, Lock L behind R, Step R to R side  
7&8 Dig L heel to L diagonal, Step L next to R, Cross R over L
- Section 2 Side L, Together, Cross, ¼ L, ½ L, ¼ L, Together, Rock Out, Recover, Sway R, L, R,**  
&1-2 Step L to L side, Step R next to L, Cross L over R  
3& ¼ L stepping back on R, ½ L stepping forward on L  
4& ¼ L stepping R to R side (Split both knees apart), Step L next to R (Bringing knees in)  
5-6 Rock out to R side, Recover on L  
7&8 Sway to R side, Sway to L side, Sway to R side kicking L forward
- Section 3 Cross Unwind Full Turn R, Behind Side Cross, Full turn L with Heel Bounces, Shuffle Forward**  
1-2 Cross L over R, Unwind full turn R sweeping R from front to back  
3&4 Step R behind L, Step L to L side, Cross R over L  
5-6 Full turn L bouncing heels twice  
7&8 Step forward on L, Step R next to L, Step forward on L
- Section 4 Camel Walks, Knee Knocks (knee wiggles), Syncopated Rocking Chair, Together, Body Roll**  
1-2 Step forward on R popping L knee forward, Step forward on L popping R knee forward  
3&4& Step forward on R knocking R knee out & in, Step forward on L knocking L knee in & out  
5&6& Rock forward on R, Recover on L, Rock back on R, Recover on L  
7-8 Step R next to L & start body roll from bottom to top
- Section 5 Side R with Side Kick, ¼ L with Flick, Mambo Step, Step Back, Heel Dig, Step Forward, Cross, Side R, Together, Cross**  
1-2 Step R to R side kicking L to L side, ¼ L stepping forward on L flicking R back  
3&4 Rock forward on R, Recover on L, Step R next to L  
&5-6 Step back slightly on L, Dig R heel forward, Step forward on R flicking L back  
7& Cross L over R, Step R to R side  
8& Step L next to R, Cross R over L
- Section 6 ¼ R, ½ R, ¼ R, Rock Back, Recover, ½ L, Walk Back L & R with Sweeps, Rock Hitch**  
1-2& ¼ R stepping back on L, ½ R stepping forward on R, ¼ R stepping L to L side  
3-4& Rock back on R, Recover on L, ½ L stepping back on R  
5-6 Step back on L sweeping R from front to back, Step back on R sweeping L from front to back  
7&8 Rock back on L hitching R knee, Recover on R, Rock back on L hitching R knee  
**Restart on wall 1, change of step**
- Section 7 Side R, Behind, ¼ R, Side L, Behind, ¼ L, Step Pivot ½ L, Paddle 1/8 L, Paddle 1/8 L**  
1-2& Step R to R side, Step L behind R, ¼ R stepping forward on R  
3-4& Step L to L side, Step R behind L, ¼ L stepping forward on L  
5-6 Step forward on R, Pivot ½ L  
7-8 Paddle 1/8 L touching R to R side, Paddle 1/8 L touching R to R side
- Section 8 Cross, Back, Ball Cross, Back, Ball, Kick Out Out, Heel Swivel, Heel Swivel**  
1-2& Cross R over L, Step back on L, Step R slightly to R side  
3-4& Cross L over R, Step back on R, Step L slightly to L side  
5&6 Kick R across L, Step R to R side, Step L to L side  
&7&8 Swivel R heel in, Swivel R heel to centre, Swivel L heel in, Swivel L heel to centre
- Restart: On wall 1 dance 48 counts change Rock Hitch to Sailor ¼ L then Restart the dance again**