

- 1 HEEL GRIND ¼ TURN, COASTER STEP, STEP ¼ TURN, CROSS SHUFFLE**  
1 - 2 Dig right heel forward, ¼ turn right  
3 & 4 Step back on right, step left next to right, step forward on right  
5 - 6 Step forward on left, ¼ turn right  
7 & 8 Cross step left over right, step right to right side, cross step left over right
- 2 ¼ TURN, STEP, COASTER STEP, STEP, BOUNCE, STEP BOUNCE**  
1 - 2 ¼ turn left stepping back on right, step back on left  
3 & 4 Step back on right, step left next to right, step forward on right  
5 - 6 Step forward on left, bounce both heels  
7 - 8 Step forward on right, bounce both heels
- 3 HEEL & TOE & TOE & HEEL ¼ TURN LEFT, ROCK, RECOVER, ½ TURN SHUFFLE**  
1 & 2 & Dig left heel forward, step left next to right, touch right toe next to left, ¼ turn left stepping on right  
3 & 4 & Touch left toe next to right, step left next to right, dig right heel forward, step right next to left  
5 - 6 Rock forward on left, recover on right  
7 & 8 ½ turn left stepping forward on left, step right next to left, step forward on left
- 4 ROCK, RECOVER, ½ TURN SHUFFLE, ½ TURN SHUFFLE, ¼ TURN, TOUCH**  
1 - 2 Rock forward on right, recover on left  
3 & 4 ½ turn shuffle right stepping right, left, right  
5 & 6 ½ turn shuffle left stepping left, right, left  
7 & 8 ¼ turn right stepping right to right side, touch left next right
- 5 & CROSS, HOLD, CROSS & CROSS, ROCK, RECOVER, BEHIND, ¼ TURN**  
& 1 - 2 Step left next to right, cross right over left, HOLD  
& 3 & 4 Step left to left side, cross right over left, step left to left side, cross step right over left  
5 - 6 Rock left out to left side, recover on right  
7 & 8 Step left behind right, ¼ turn right stepping forward on right, step forward on left
- 6 ROCK, RECOVER, WALK BACK L, R, COASTER STEP, KICK BALL POINT**  
1 - 2 Rock forward, recover on left  
& 3 - 4 Step right next to left, walk back left & right  
5 & 6 Step back on left, step right next to left, step forward on left  
7 & 8 Kick right foot forward, bring back in place, point left to left side
- 7 KNEE IN, OUT, ¼ TURN, SHUFFLE FORWARD, ROCK, RECOVER, ½ TURN SHUFFLE**  
1 - 2 Bend left knee in, bend left knee out making a ¼ turn left weight on left foot  
3 & 4 Step forward on right, step left next to right, step forward on right  
5 - 6 Rock forward on left, recover on right  
7 & 8 ½ turn left stepping forward on left, step right next to left, step forward on left
- 8 TOE SWITCHES, HEEL SWITCHES, KICK BALL BACK X2**  
1 & 2 Touch right toe to right side, bring back in place, touch left toe to left side  
& 3 & 4 Step left next to right, touch right heel forward, bring back in place, touch left heel forward  
& 5 & 6 Step left next to right, kick right forward, step right next to left, step back on left  
7 & 8 Kick right forward, step right next to left, step back on left

**Restart****On walls 2 & 5 dance up to count 16 and add an & count to start the dance again**