



16 counts intro, from start of track

1-8 Pose Turn x2, Triple Forward x2

1,2 ¼ turn R stepping RF forward hitching L knee, full turn R as you step LF down on count 2
(Pose turn, L knee must stay open to L side)

3,4 Step RF forward hitching L knee, full turn R as you step LF down on count 4
(Pose turn, L knee must stay open to L side, end facing 3.00)

Option ¼ turn R stepping RF forward, full turn R closing feet, step RF forward, full turn R closing feet, continue with triple forward.

5&6 Step RF forward, close LF behind R, step RF forward

7&8 Step LF forward, close RF behind L, step LF forward

Restart here, during walls 3 & 7

9-16 Rock, Recover, ¼ Turn R, Kick Ball Cross, Syncopated Weave R, Touch, Unwind

1,2 Rock RF forward, recover on to LF

3&4 ¼ turn R kicking RF forward, close RF next to L, cross LF over R

&5& Step RF to R side, Step LF behind R, Step RF to R side

6& Cross LF over R, step RF to R side

7,8 Touch LF behind R, unwind ¾ turn L placing weight on LF (9.00)

17-24 Rock, Recover, Triple Back, Walk Back x2, Sailor ¼ Turn L

1,2 Rock RF forward, recover on to LF

3&4 Step RF back, close LF next to R, step RF back

5,6 Step LF back, step RF back

7&8 Step LF behind R, step RF to R side, ¼ turn L stepping LF forward

25-32 Hitch, Slide, Hold, Ball Step, Sailor, Sailor ¼ Turn

1,2 Hitch R knee up slightly jumping off LF, make a large step R stepping R to R side

3&4 Hold, close LF next to R, step RF to R side

5&6 Step LF behind R, step RF to R side, step LF to L side

7&8 Step RF behind L, step LF to L side, ¼ turn R stepping RF forward

33-40 Full Turning Triple L, ¼ Turn L Stepping Forward R, Step L Next To R, Apple Jacks x4

1&2& ¼ Turn L stepping LF forward, close RF next to L, 3/8 Turn L stepping LF forward, close RF next to L

3&4 3/8 turn L stepping LF forward, ¼ turn L stepping RF forward, step LF next to R

5& Weight on L ball of foot and weight on R heel swivel to the R, recover to centre

6& Weight on R ball of foot and weight on L heel, swivel to the L, recover to centre

7& Weight on L ball of foot and weight on R heel swivel to the R, recover to centre

8 Weight on R ball of foot and weight on L heel, swivel to the L (Apple Jacks x4, end last apple jack out to the Left, keeping more weight on RF to Finish)

41-48 Sweep x2, Weave, Charleston Swivels Forward & Back, Back & Forward

1,2 Step LF back sweeping RF from front to back, step RF back sweeping LF from front to back

3&4 Step LF behind R, step RF to R side, 1/8 turn R stepping LF forward diagonal

5&6 Swivel both heels in as you step RF forward, swivel both heel out as you step back on LF, swivel both heels in as you step RF back

7&8 Swivel both heels in as you step LF back, swivel both heel out as you step forward on RF, swivel both heels in as you step LF Forward (Charleston Swivels on the diagonal)

49-56 Walk, Hold, Triple Forward, Full Spiral Turn L, Step, Chase ½ Turn L

1,2 Step RF forward, hold

3&4 Step LF forward, close RF behind L, step LF forward

5,6 Step RF forward making full spiral turn L, step LF forward

7&8 Step RF forward, ½ turn L closing LF next to R, step RF forward

57-64 Gallop Forward, Chase ½ Turn L, Step Forward With a Kick, Pull Knee In Beside L

1&2& Step LF forward, close RF behind L, step RF forward, close RF behind L

3&4 Step LF forward, close RF behind L, step LF forward

5&6 Step RF forward, ½ turn L closing LF next to R, step RF forward

7,8 Step LF forward as you kick RF back keeping R leg straight, hitch R knee beside L
(Stretch R leg back as you step forward on LF, Pull R knee in on count 8)