

Intro: 32 count, 110bpm

Section 1 Right Heel, Toe, Shuffle Forward; Left Forward Rock, Recover, Left Coaster Cross

1-2 Touch Right heel forward, touch Right toe back
3&4 Step forward on Right foot, step on Left foot beside Right, step forward on Right foot
5-6 Rock forward on Left foot, recover weight back onto Right foot
7&8 Step back on Left foot, step on Right foot beside Left, cross-step Left foot over Right

Section 2 Step Right, Touch Behind, ¼ Turn, ¼ Turn; Touch Behind, ¼ Turn, ¼ Turn, Left Sailor ¼ Turn Left

1-2 Step to Right on Right foot, touch Left foot behind Right
3-4 Turn ¼ Left stepping forward onto Left foot, turn ¼ Left stepping Right foot to Right side (6 o'clock)
5 Touch Left foot behind Right
6-7 Turn ¼ Left stepping forward onto Left foot, turn ¼ Left stepping Right foot to Right side (12 o'clock)
8&1 Left sailor step making ¼ turn to Left, stepping Left foot forward on count 1 (9 o'clock)

Section 3 Step Forward, Left Shuffle; Rock Forward, Recover, ¼ Side-Shuffle

2 Step forward on Right foot
3&4 Step forward on Left foot, step on Right foot beside Left, step forward on Left foot
5-6 Rock forward on Right foot, recover weight back onto Left foot
7&8 Turn ¼ Right stepping to Right on Right, step on Left foot beside Right, step to Right on Right foot (12 o'clock)

Section 4 Weave Front, Side, 'Behind-Side-Cross'; Step Right, Hold, Left Sailor ¼ Turn

1-2 Cross-step Left foot over Right, step to Right on Right foot
3&4 Cross-step Left foot behind Right, step to Right on Right foot, cross-step Left foot over Right
5-6 Step to Right on Right foot, hold
7&8 Left sailor step making ¼ turn to Left, stepping Left foot forward on count 8 (9 o'clock)

Section 5 Slow Crossing Walks; Right Mambo ½ Turn, Hitch

1-2 Step forward on Right foot crossing slightly over the Left, hold
3-4 Step forward on Left foot crossing slightly over the Right, hold
5-6 Rock forward on Right foot, recover weight back onto Left foot
7 Turn ½ Right stepping forward onto Right foot (3 o'clock)
8 Hitch Left knee slightly, turning body into Right diagonal ready for the cross-rock ...

Section 6 Left Cross-Rock, Recover, Side-Shuffle; Right Cross-Rock, Recover, Side-Shuffle

1-2 Cross-rock Left foot over Right, recover weight back onto Right foot
3&4 Step to Left on Left foot, step on Right foot beside Left, step to Left on Left foot
5-6 Cross-rock Right foot over Left, recover weight back onto Left foot
7-8 Step to Right on Right foot, step on Left foot beside Right, step to Right on Right foot

Section 7 Weave Front, Side, Behind, ¼ Turn; Step Forward, ½ Turn With Hook, Right Shuffle Forward

1-2 Cross-step Left foot over Right, step to Right on Right foot
3-4 Cross-step Left foot behind Right, turn ¼ Right stepping forward onto Right foot (6 o'clock)
5-6 Step forward on Left foot, turn ½ Right keeping weight on Left foot & hooking Right foot across Left ankle
7&8 Step forward on Right foot, step on Left foot beside Right, step forward on Right foot

Section 8 Left Forward Rock, Recover, Left Coaster; Right Jazzbox With ½ Turn

1-2 Rock forward on Left foot, recover weight back onto Right foot
3&4 Step back on Left foot, step on Right foot beside Left, step forward on Left foot
5-6 Cross-step Right foot over Left, turn ¼ Right stepping back on Left foot (3 o'clock)
7-8 Turn ¼ Right stepping forward onto Right foot (6 o'clock), step forward on Left foot

Start Again

There are 2 restarts (sorry!) just to help keep the phrasing of the music

Restart 1

(with change of step)

On wall 3, after the first 15 counts of the dance, step on Left foot beside Right (for count 16, instead of going into the sailor $\frac{1}{4}$ turn). Then restart the dance from count 1 – you will be facing the 12 o'clock wall

Restart 2

(with change of step)

On wall 6, after the first 23 counts of the dance, step on Left beside Right (for count 24, instead of it being a side-shuffle). Then restart the dance from count 1 – you will be facing the 12 o'clock wall.



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