

Track: 3:18mins

Intro: 2 counts after 1'beat (2 sec)- Start on the word: 'Forfra'

Start with weight on L foot

Note: On counts &8 in section 2* and 4* clap your hands, except on wall : 1-2- 4-5

Section 1: 2 X walk fw. side heel ball, cross side, cross shuffle

1-2 Walk fw. on R, walk fw. on L 12:00
3&4 Step R to R side, step L heel to L side, step L beside R 12:00
5-6 Cross R over L, step L to L side 12:00
7&8 Cross R over L, step L to L side, cross R over L 12:00

Section 2: Side rock ¼ turn, shuffle fw. full turn, ball cross

1-2 Rock L to L side, recover on R while making ¼ turn R 3:00
3&4 Step fw. on L, step R next to L, step fw. on L 3:00
5-6-7 Make ¼ turn R stepping fw. on R, make ½ turn R stepping back on L,
make ¼ turn R stepping R to R side 3:00
&8 Step L next to R, cross R over L* 3:00



Section 3: ¼ turn ½ turn, chasse' ¼ turn, cross side, sailor step

1-2 Make ¼ turn L stepping fw. on L. make ½ turn L stepping back on R 6:00
3&4 Make ¼ turn L stepping L to L side, step R next to L , step L to L side 3:00
5-6 Cross R over L, step L to L side 3:00
7&8 Cross R behind L, step L to L side, step R to R side 3:00

Section 4: Step ½ turn, kick ball step, step ½ turn, step out out

1-2 Step fw. on L, make ½ turn R stepping fw. on R 9:00
3&4 Kick L fw. step L next to R, step fw. on R 9:00
5-6 Step fw. on L, make ½ turn R stepping fw. on R 3:00
7&8 Step fw. on L, step R out, step L out* 3:00

Good Luck & N'joy!

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