

Intro: 32 counts

Side R, Together, Forward, Mambo Step, Sailor Step, Sailor Step, Heel Swivel

- 1&2 Step R to R side, Step L next to R, Step forward on R
3&4 Rock forward on L, Recover on R, Step back on L sweeping R from front to back
5&6 Step R behind L, Step L to L side, Step R to R side
&7& Step L behind R, Step R to R side, Step L to L side
&8 Swivel R heel in, Swivel R heel to centre

Knee In, Out, Kick Ball Touch, Step Back, Heel Dig, Ball Cross, 1/8 R, 1/8 R, Jump, Jump

- 1&2 Turn L knee in, Turn L knee out, Kick L to L diagonal
&3&4 Step L forward on L diagonal, Touch R next to L, Step back on R, Dig L heel to L diagonal (on the diagonal)
&5 Step L next to R, Cross R over L (straightening up to front wall)
6-7 1/8 R stepping back on L, 1/8 R stepping R to R side
&8 Jump both feet together, Jump both feet together (travelling slightly to R side on the jumps)

Side R, Rock Back, Recover, Side L, Rock Back, Recover, Syncopated Rocking Chair, Cross Samba

- 1-2& Step R to R side, Rock back on L, Recover on R
3-4& Step L to L side, Rock back on R, Recover on L
5&6& Rock forward on R, Recover on L, Rock back on R, Recover on L
7&8 Cross R over L, Rock out on ball of L to L side, Recover on R

Cross, Side R, Behind, Behind, ¼ L, Rock Forward, Recover, ½ R, Spiral Full Turn R, Run R & L

- 1&2 Cross L over R, Step R to R side, Step L behind R sweeping R from front to back
3-4 Step R behind L, ¼ L stepping forward on R
5-6& Rock forward on R, Recover on L, ½ R stepping forward on R
7-8& Step forward on L & spiral full turn R, Step forward on R, Step forward on L



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*charged at 10p per minute

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