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16 counts from start of track 13 seconds into the track

**Step, Touch, Step with Sweep. Behind Side Cross & Cross Rock Recover & Syncopated Weave**

- 1&2 Step R to right side, touch L at side of R, step L to left side sweeping R clockwise  
3&4 Cross R behind L, step L to left side, cross R over L  
&5-6 Step L to left side, cross rock R over left, recover weight onto L  
&7&8& Step R to right side, cross L over R, step R to right side, cross L behind R, step R to right side.

**Cross Rock Recover. Step Forward. Step ½ Pivot Turn Step. Full Spiral Turn Rock Forward Recover**

- 1-2 Cross rock Left over Right, Recover onto right  
&3 Step L to left side, Step forward Right  
4&5 Step forward L, make ½ pivot turn right onto R, Step forward L (6 o'clock)  
6&7 Make ½ turn left stepping back R (6) make ½ turn left on ball of R hooking left over R shin (&) (6 o'clock) Step forward Left (7)  
**Option** Alternative steps for counts 6&7 – Step forward R (6) – Hitch L knee (&) – Step forward Left (7)  
8& Rock forward Right, recover weight onto Left

**Basic NC Step R. ¼ Turn. Full Turn Forward. Basic NC Step Long Step, Behind, Side.**

- 1-2& Take a long step R to right side, Rock left behind right, recover  
3-4& Make ¼ turn left stepping forward L. Make ½ turn left stepping back R, Make ½ turn left stepping forward L (3 o'clock)  
5-6& Take a long step R to right side, Rock left behind right, recover.  
7-8& Take a long step L to left side, Cross R behind left, step L to left side

**Cross Rock, Recover x2 & Step Forward. Step ½, Reverse ½ Turn. Rock Back Recover**

- 1-2& Cross rock R over left, recover, Step R at side of left  
3-4& Cross rock L over right, recover, Step L at side of right  
5 Step forward Right  
6&7 Step forward L, make ½ turn right onto R, make ½ turn right stepping back Left (3 o'clock)  
8& Rock back Right, recover onto Left

**Note** Please note the tracks ends which is where you should finish the dance at around 3mins 40 seconds. The track will "come back" after a pause, but I suggest you finish at the mentioned time, facing 12 o'clock.

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Music download available from iTunes

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