

**Intro: 16 counts start dance on vocals**

**S1 Side Rock, Sailor Step, Behind Side Cross, Side R, Sailor ¼ L with Knee Pop**

- 1-2 Rock out to R side, Recover on L  
3&4 Step R behind L, Step L to L side, Step R to R side  
&5-6 Step L behind R, Step R to R side, Cross L over R  
7 Step R to R side  
8&1 Step L behind R, ¼ L stepping R next to L, Step forward on L popping R knee forward

**S2 Step Forward, L Lock Step, Rock Forward, Recover, 1 ½ R**

- 2 Step forward on R  
3&4 Step forward on L, Lock R behind L, Step forward on L  
5-6 Rock forward on R, Recover on L  
7&8 ½ R stepping forward on R, ½ R stepping back on L, ½ R stepping forward on R

**Easier Option Counts 7&8: Shuffle ½ R**

**S3 Rock Forward, Recover with Sweep, Step Back with Sweep, Behind, Side L, Sway R, L, R, L**

- 1-2 Rock forward on L, Recover on R sweeping L from front to back  
3-4& Step back on L sweeping R from front to back, Step R slightly behind L, Step L to L side  
5-6 Step R to R side swaying hips to R side, Sway hips to L side  
7-8 Sway hips to R side, Sway hips to L side

**Option Counts 5-8: Roll hips Anti-clockwise**

**S3 Together, Side Rock, Recover, Together, Step Heel Twist, Rock Forward, Recover, Shuffle ¾ L**

- &1-2 Step R next to L, Rock out to L side, Recover on R  
&3&4 Step L next to R, Step forward on R, Twist both heels R, Twist both heels to centre  
5-6 Rock forward on L, Recover on R  
7&8 Shuffle ¾ L stepping L, R, L



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\*charged at 10p per minute

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