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**Count in 8 counts (approximately 5 seconds)****1 Rock Fwd recover, Jump both feet apart, Hold, Cross, Step L ¼ turn L, Knee pop fwd**

1 - 2 Rock fwd on R, recover back onto L

&amp; 3 - 4 Jump both feet apart (&amp;3), Hold (4)

5 - 6 Step R across L making ¼ turn L (to 09:00), step fwd on L

7 &amp; 8 Step R slightly fwd, lift both heel off the floor &amp; pop both knees, drop both heels to floor taking weight onto L (09:00)

**2 Side Together, Cross Shuffle, Step back ¼ turn, Side Step R, Side Step L, Heel rise & replace**

1 - 2 Step R to R side, Step L beside R

3 &amp; 4 Step R across L, Step L to L side, Step R across L

5 - 6 - 7 Step back on L making ¼ turn L (to 12:00), step R to R side, Step L to L side

&amp; 8 Raise both heels off floor (&amp;), replace both heels in place (weight onto L) (12:00)

**3 Lindy Charleston, Cross Jazz box with ¼ turn**

1 - 2 - 3 - 4 Kick R fwd, step R back, point L backwards, step fwd on L

5 - 6 - 7 - 8 R across L, step back on L making ¼ turn to 03:00, step R to R side, step fwd on L

**4 Rock fwd recover, Jump both feet apart, Hold, Syncopated heel lifts**

1 - 2 &amp; 3 - 4 Rock fwd on R, recover onto L, jump both feet apart (&amp;3), hold (4)

&amp; 5 &amp; 6 Lift R heel up (&amp;), R heel back in place (5), Lift L heel up (&amp;), L heel back in place (6)

&amp; 7 &amp; 8 Lift R heel up (&amp;), R heel back in place (5), Lift L heel up (&amp;), L heel back in place (6) (03:00)

**End of dance!****No tags and no restarts!****[smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com) (Sebastiaan)****[contact@linedance-international.com](mailto:contact@linedance-international.com) (Julie)**