

Dance begins on the singing

S1 Rock Back, Walk R + L, Shuffle Forward, Rock Step

- 1-2 Step back with RF (put the RF back in a semicircle), lift LF slightly, weight back on LF
3-4 Step in a semicircle forward with RF, step in semicircle forward with LF
5&6 Step forward with RF, use LF on RF and step forward with RF
7-8 Step forward with LF, lift RF slightly up and weight back on RF

S2 ¼ Turn L / Sailor Step, Step, Pivot ½ L, ½ Turn L, ½ Turn L, Shuffle Forward

- 1&2 ¼ Turn left and cross LF behind RF (9 o'clock) - step RF to right and weight back on LF
3-4 Step forward with RF - ½ turn left on both bales, weight back on LF (3 o'clock)
5-6 ½ Turn left and step back with RF - ½ turn left and step forward with RF
7&8 Step forward with RF - step left to right, step forward with RF

S3 Touch Forward - ¼ Paddle Turn R - Touch Forward - ¼ Paddle Turn R - Rock Forward, ¼ Turn L / Sailor Step, Step, Pivot ¼ L

- 1& Touch left toe forward and ¼ turn right on both bales, weight back on right (6 o'clock)
2& Same as 1 & (9 o'clock)
3-4 Step forward with LF, lift RF slightly up - weight back on RF
5&6 ¼ Turn left and LF cross behind RF (6 o'clock) - step RF to right and weight back on LF
7-8 Step forward with RF - ¼ turn left on both bales, weight at end left (3 o'clock)

S4 Hitch Across, Point, Step, Point, Cross, Unwind ½ R, Side / Sways

- 1-2 Lift right knee over left (turn upper body to the left and hold left palm in front of forehead) – Touch right toe to right (turn forward again)
3-4 Step forward with RF, touch left toe to left
5-6 LF cross over RF - ½ turn right on both bales, weight remains left (9 o'clock)
7-8 Small step with RF to the right / hips swinging to the right - swing the hips to the left

Repeat until the end



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