

Intro: 16 counts (approx.: 0.10)

Sequence: AB AA (16)B AA (8 counts) B AB

Part A

S1 Side Behind Cross x2, Heel Grind Together, Cross Shuffle

1&2 Step R to R (1), step ball of L behind R (&) cross R over L (2) 12:00
3&4 Step L to L (3) step ball of R behind L (&) cross L over R (4) 12:00
5&6 Cross R heel over L (5) keep R heel on the floor and step L to L (&) step R next to L (6) 12:00
7&8 Cross L over R (7) step R to R (&) cross L over R (8) 12:00

S2 Rock Side Recover, Rock Side Recover, Sweep, Beside Side Cross, Side Rock Cross

1-2 Rock R to R (1) recover L (2) 12:00
&3&4 Step R next to L (&) rock L to L (3) recover R (&) step L next to R sweeping R front to back (4) 12:00
5&6 Step R behind L (5) step L to L (&) cross R over L (6) 12:00
7&8 Rock L to L (7) recover R (&) cross L over R (8) 12:00

S3 Full Turn Volta, ½ Turn L, ½ Turn L, Shuffle Forward

1&2& ¼ turn R Step R forward (1) lock L behind R (&) ¼ turn R Step R forward (2) lock L behind R (&) 6:00
3&4 ¼ turn R Step R forward (3) lock L behind R (&) ¼ turn R Step R forward (4) 12:00
5&6 ½ turn L Step L forward (5) step R forward (&) ½ turn L Step L forward (6) 12:00
7&8 Step R forward (7) lock L behind L (&) step R forward (8) 12:00

S4 Mambo Step, ½ Turn Behind Side Forward, Mambo Step, Rock Recover Together

1&2 Rock L forward (1) recover R (&) step L back (2) 12:00
3&4 Step R back (3) ¼ turn L step L to L (&) ¼ turn L step R forward (4) 6:00
5&6 Rock L forward (5) recover R (&) step L back (6) 6:00
7&8 Rock R back (7) recover L (&) step R next to L with shimmy shoulder (8) 6:00

Part B

S1 Knee Hitches, Press, ½ Turn Touches Slide

1&2& Hitch R (1) step R next to L (&) hitch L (2) step L next to R (&) 6:00
3&4 Hitch R (3) touch R next to L (&) hitch R (4) 6:00
5-6 Press R forward (5) point R to R (6), 6:00
7&8 ¼ turn R point to R (7), ¼ turn R point R to R (&), big step R to R (8) 12:00

S2 Jazz Box, Side Behind, Side Hitch, Slide Step, Body Shimmy

1&2& Cross L over R (1), step R back (&) step L to L (2) cross R over L (&) 12:00
3&4& Step L to L (3), cross R over L (&), step L to L (4), hitch R (&) 12:00
5-6 Slide R to R (5) step L next to R (6) 12:00
7-8 Body roll or shimmy 12:00

S3 Knee Hitches, Press, ½ Turn Touches Slide

1&2& Hitch R (1) step R next to L (&) hitch L (2) step L next to R (&) 12:00
3&4 Hitch R (3) touch R next to L (&) hitch R (4) 12:00
5-6 Press R forward (5) point R to R (6), 12:00
7&8 ¼ turn R point to R (7), ¼ turn R point R to R (&), big step R to R (8) 6:00

S4 Step (Arms), Swivel Heel, Toe, Heel Toe, (Arms)

1&2& Step L to L punch R arm forward with showing the palm instead of fist (1) punch L arm forward (&) punch R arm to R side (2) punch L arm to L side (&) 6:00
3&4& Punch R arm to back next to R bum (3), punch L arm back next to L bum (&), punch R arm to L thigh (4) punch L arm to R thigh (&) looking like a X 6:00
5&6& Swivel both heel in (5), swivel both toes in (&), swivel both heel in (6), swivel both toes in (&) roll the arm from bottom up to the chest 6:00
7&8 Pull both arms down to waist twice (7&) point both index finger to the front and swing it down (8) 6:00

Have fun & be calm buddies!

