

**Count in: 16 counts from heavy beat (start on vocals)**

- S1 Forward Rock, Shuffle Back, Back Rock, Shuffle ¼**  
1-2. Rock right forward, recover onto left  
3&4. Step right back, left next to right, right back (12:00)  
5-6. Rock left back, recover onto right  
7&8. Turning ¼ over right shoulder, step left forward, right next to left, left forward (3:00)
- S2 Step Behind, Side, Cross Shuffle, Side, Touch, Kick Ball Cross**  
1-2. Step right behind left, step left to left side  
3&4. Cross right over left, step left to left side, cross right over left (3:00)  
5-6. Step left to left side, touch right next to left  
7&8. Kick right forward, step right in place, cross left over right (3:00)
- S3 Right Side Rock, Sailor ¼ Turn, Full Turn, Step**  
1-2. Rock right to right side, recover onto left  
3&4. Cross right behind left, make ¼ turn over right stepping left to side, step right in place (6:00)  
5-6. Turn ¼ turn left on left, turn ¼ turn left on right  
7-8. Turn ½ turn left on left, stomp right next to left (6:00)  
**(Alternative 5-8. Walk forward left, right, left, stomp)**
- S4 Step, Touch, Heel and Heel x2**  
1-2. Step forward on left, touch right next to left  
&3&4& Touch right heel forward, step right in place, touch left heel forward step left in place (6:00)  
5-6. Step forward on right, touch left next to right  
&7&8& Touch left heel forward, step left in place, touch right heel forward, step right in place. (6:00)
- S5 Forward Rock, Step Back, Point, Cross Point, Cross Point**  
1-2. Rock forward on left, recover onto right  
3-4. Step left back and slightly behind right, point right out to side (6:00)  
5-6. Cross right over left, point left out to side  
7-8. Cross left over right, point right out to side (6:00)
- S6 Jazz Box, Hip Sways**  
1-2. Cross right over left, step left back  
3-4. Step right to right side, cross left over right (6:00)  
**Restart here during wall 3**  
5-6. Step right to right side swaying hips right, sway hips left  
7-8. Sway hips right, sway hips left as touch right next to left  
**Begin again**

**Restart, slight step change**

**During wall 3, Miss out the last 4 counts of the dance (hip sways),  
Change the jazz box to cross, back, side, together (instead of cross) and start the dance from the beginning.**

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