

Dedicated to all the dancers at the event in Oslo 3 August 2019

Intro: Start on first heavy beat (8 secs)

Sequence: AAB AAB AAB AAB

Part A (32 'fast' counts)

S1 Walk, Side Rock Cross, $\frac{1}{8}$, Cha, Cha, Back, Back, $\frac{1}{2}$ Shuffle

- 1 Walk forward on right
2&3 Rock left to left side, Recover on right, Cross left over right
4-5& $\frac{1}{8}$ right walking forward on right [1:30], Step left next to right, Step right next to left
6-7 Step back on left, Step back on right
8&1 $\frac{1}{4}$ left stepping left to left side, Step right next to left, $\frac{1}{4}$ left stepping forward on left [7:30]

S2 Step, $\frac{5}{8}$, Point & Point & Touch, Hitch/Rise, Ball Step

- 2-3 Step forward on right, $\frac{5}{8}$ pivot left stepping forward on left [12:00]
4&5 Point right to right side, Step right next to left, Point left to left side
&6 Step left next to right, touch right next to left
7&8 Hitch right knee (pointing toe) rising up on ball of left, step forward on right, Step forward on left

S3 Walk, Step, $\frac{1}{4}$, Cross Shuffle, Side Rock & Walk

- 1-2-3 Walk forward on right, step forward on left, $\frac{1}{4}$ pivot right stepping right to right side [3:00]
4&5 Cross left over right, Step right to right side, Cross left over right
6-7& Rock right to right side, recover on left, Step right next to left
8 Walk forward on left

S4 Walk, Walk, $\frac{1}{4}$ Anchor Turn, $\frac{1}{4}$, $\frac{1}{2}$, L Sailor

- 1-2 Walk forward on right, Walk forward on left
3&4 $\frac{1}{4}$ right locking right behind left, Step weight onto left, $\frac{1}{4}$ left stepping back on right [3:00]
5-6 $\frac{1}{4}$ left stepping left to left side, $\frac{1}{2}$ hinge turn left stepping right to right side [6:00]
7&8 Step left behind right, Step right to right side, Step left to left side

Part B (16 'slow' counts)

S1 Walk/Sweep, Walk Walk Press, Back Back, $\frac{1}{4}$, Sway Sway, Side/Drag, Back Rock

- 1 Walk forward on right ronde sweeping left from back to front
2&3 Walk forward on left, walk forward on right, Press forward on left
4&5 Step back on right, Step back on left, $\frac{1}{4}$ right stepping right to right side [3:00]
6&7 Sway left, Sway right, Long step left to left side dragging right to meet left
8& Cross rock right behind left, Recover on left

S2 Walk $\frac{1}{4}$ Sweep, Cross Side Behind/Sweep, Behind Side Cross, Sway Sway, Side/Drag, Back Rock

- 1 Walk forward on right ronde sweeping left $\frac{1}{4}$ right to face [6:00]
2& Cross left over right, Step right to right side
3 Cross left behind right ronde sweeping right from front to back
4&5 Cross right behind left, Step left to left side, Cross right over left
6&7 Sway left, Sway right, Long step left to left side dragging right to meet left
8& Cross rock right behind left, Recover on left

