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The dance begins at two beats before vocals are used.

**S1 Heel Hitch / Slap, Heel Hitch / Slap, Coaster Step, Shuffle Forward, Step, Pivot ¼ L**

- 1 & Touch right heel in front and lift right knee / clap with the right hand on the knee  
2 & Like 1&  
3 & 4 Step backwards with right - LF beside RF and small step forward with right  
5 & 6 Step forward with left - RF beside LF and step forward with left  
7-8 Step forward with right - ¼ turn left on both beats, weight at the end on left (9 o'clock)

**Restart: In the 6th round - direction 6 o'clock - stop here and start over again**

**S2 Cross, Hold, Side, Cross, Side, Cross (with Shimmies), Side Rock, Sailor Step Turning ½ L**

- 1-2 Cross RF over LF - Hold  
& 3 Step left with left and cross RF over LF  
& 4 Like & 3 (while moving your shoulders back and forth)  
5-6 Step left with left - weight back on the RF  
7 & 8 Cross LF behind RF - ½ turn left, RF beside LF and step forward with left (3 o'clock)

**S3 Heel & Heel & Touch Forward Heel Swivel, Coaster Step, Shuffle Forward**

- 1& Touch right heel in front, RF beside LF  
2& Touch left heel in front, LF beside RF  
3 & 4 Touch right toe in front - Turn right heel outwards and back again  
5 & 6 Step backwards with right - LF beside RF and small step forward with right  
7 & 8 Step forward with left - RF beside LF and step forward with left

**S4 Step, Pivot ¼ L, Cross, Side, Heel & Cross, ¼ Turn L, Side, Touch**

- 1-2 Step forward with right - ¼ turn left on both beats, weight at the end on left (12 o'clock)  
3 & Cross RF over LF and step left with left  
4 & Touch right heel diagonally right in front, RF beside LF  
5-6 Cross LF over RF - ¼ turn left and step back with right (9 o'clock)  
7-8 Step Left with Left - Touch RF beside LF

**Repeat until the end**

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