

---

16 count intro

**CROSS-TOUCH, LEFT HEEL GRIND, CROSS-SIDE SWITCHES,  
RIGHT KICK BALLCHANGE**

- 1-2 Cross right over left, touch left to left side,  
3-4& Touch left heel forward, grinding right to left, step left beside right,  
5-6&7 Cross right over left, touch left to left side, step left beside right, touch right to right side,  
&8 Kick right to right diagonal, step right beside left, step onto left in place.

**RIGHT ROCK RECOVER, BALL STEP, RIGHT ROCK RECOVER, BACK x4**

- 2-3 Rock forward right, recover left,  
&4 Step right beside left, step forward left,  
5-6 Rock forward right, recover left,  
&7 Step right back and out right, step left to left side,  
&8 Step right back and out right, step left to left side.

**BACK ROCK RECOVER, PIVOT 1/2 TURN LEFT x2, LEFT CROSS SHUFFLE**

- 1-2 Rock right back, recover left,  
3-4 Step forward right, pivot 1/2 turn left,  
5-6 Step forward right, pivot 1/2 turn left,  
7&8 Cross right over left, step left to left side, cross right over left.

**STEP, SAILOR 1/4 TURN HITCH, KICK BALLSTEP, SWAYS x2**

- 1 Step left to left side,  
2&3 Step right behind left, step left 1/4 turn right, hitch right knee,  
&4 Step right in place, step left beside right,  
5&6 Kick right to right diagonal, step right beside left, step onto left in place,  
7-8 Step right to right side as you sway right, left.

Floor Split: The dance can be used as a floor split with Guyton Mundy's intermediate dance "My DNA" or any other dances out there.