

Walk, Walk, Toe, Flick, Toe, Flick, Walk, Heel, Ball, Kick ball Step

- 1 2 Walk right forward, walk left forward
3 & 4 & Touch the right toe forward, flick right to the right, touch the right toe forward, flick right to the left
5 6 & Walk right forward, touch left heel forward, ball step left next to right
7 & 8 Kick right forward, ball step right next to left, step left forward

1/4 Pivot L, Cross shuffle, 1/2 Turn R, Side Rock 1/4 turn, Cross

- 1 2 Step right forward, pivot 1/4 left (9.00)
3 & 4 Cross right over left, step left to side, cross right over left
5 6 Step back on left turning 1/4 right, step forward on right turning 1/4 right (3.00)
7 & 8 Rock left to side turning 1/4 right, recover onto right, cross left in front of right (6.00)

Skate, Skate, Heel, Back, Back, Back Rock, Recover, Knee pop, Knee Pop

- 1 2 Facing right diagonal skate right, skate left
3 4 Touch right heel forward to right diagonal, step right back
5 6 & Step back on the left (squaring back to front), rock right back, recover onto left
7 & 8 Pop the right knee in, step right next to left, pop the left knee in

Cross, Side, Sailor 1/4 L, Hip bump R, Step, Hip bump L, Step

- 1 2 Cross left in front of right, step right to side
3 & 4 Cross left behind turning 1/4 left, step right to side, step left to side (3.00)
5 & 6 Touch the right toe forward and bump the hips (turn body to left diagonal), recover onto left, step forward onto the right
7 & 8 Touch the left toe forward and bump the hips (turn body to right diagonal), recover onto right, step forward onto the left