

S1 Walk, Walk, 1/2, 1/2 Turn Double Bump, Coaster Step

- 1-2 (1) Step forward on Right (2) Step Forward on Left
3-4 (3) Step forward on Right (4) Turn 1/2 left stepping forward on Left
5&6 (5) Turn 1/4 left bumping hips right (&) Bump hips left (6) bump hips right as you 1/4 turn left stepping back on right
7&8 (7) Step back on Left (&) Step Right next to left (8) Step Left forward

S2 Touch Swivel Swivel, Coaster Step, Touch Swivel Swivel, Coaster Step

- 1&2 (1) Touch Right toe forward (&) Swivel both heels to the right (2) Swivel both heels back to centre keeping weight on left
3&4 (3) Step back on Right (&) Step Left next to right (4) Step Right forward
5&6 (5) Touch Left toe forward (&) Swivel both heels to the Left (6) Swivel both heels back to centre keeping weight on right
7&8 (7) Step back on Left (&) Step Right next to left (8) Step Left forward

S3 Rock Forward, Recover, 1/4 Turn Side Shuffle, Cross, Unwind, Sailor Shuffle

- 1-2 (1) Rock forward on Right foot (2) Recover back on to left
3&4 (3) 1/4 right as you step Right to right side (&) Step Left next to right (4) Step Right to right side
5-6 (5) Cross Left-over right (6) Unwind 1/2 turn right and take weight onto Left
7&8 (7) Step Right behind left (&) Step Left to left side (8) Step Right in place

S4 Sailor Shuffle, Cross & Heel &, Cross & Heel &, 1/2 Pivot

- 1&2 (1) Step Left behind right (&) Step Right to right side (2) Step Left in place
3&4& (3) Cross Right over left (&) Step Left to left side (4) Tap Right heel forward (&) Step Right next to left
5&6& (5) Cross Left-over right (&) Step right to right side (6) Tap Left heel forward (&) Step left next to right
7-8 (7) Step Right forward (8) 1/2 turn Left stepping forward on left



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