
Remember to Vote for your favourite dances in the Linedancer Charts.

This dance was choreographed during Lockdown 2020 and dedicated to the NHS.

Restart After 16 counts on Wall 6

SEC 1 SIDE RECOVER, ¼ TURN, WEAWE ¼ TURN, WALK WALK

- 1 2 & Step R forward (slight diagonal), step L behind R whilst picking R knee up, step Right forward.
3 4 Step L foot forward, ¼ turn over R shoulder transfer weight to L foot. (3 O'clock)
5&6& Cross R foot over L, Step R to R side, Step L foot behind R, ¼ turn R Step R forward (6 O'clock)
7 8 Wall Forward L R

SEC 2 ¼ TURN SLIDE DRAG, BALL CHANGE STEP, ¼ TURN L SIDESTEP, SAILOR STEP

- 1 2 Making a ¼ turn R slide L to L side (9 O'clock), Drag R foot toward L
& 3 4 Step R foot behind L, Cross L foot over R, Step R foot to R side
5 6 Making a ¼ turn L step L to L side, Making a ¼ L step R to R side
7 & 8 Step L foot behind R, Step R to R side, step L to L side

Restart Here on Wall 6 (make a ¼ turn on count 8 to face 6 o'clock)

SEC 3 ¼ TURN HIP BUMPS, SIDESTEP, CROSS SHUFFLE, ROCK AND CROSS

- 1 2 3 Making a ¼ turn R sit back into your L hip 3 times (as if sitting down)
4 Making ¼ turn R step R foot to R side
5 & 6 Cross L over R, Step R to R side, Cross L over R
7 & 8 Rock R foot to R side, Recover on L foot, Cross R foot over L

SEC 4 OUT OUT IN IN, ROCK FORWARD ¼ TURN, CROSS POINT, CLAP CLAP CLAP

- 1 & 2 & Step L to L diagonal, Step R foot to R diagonal, Step L for back in to centre, Step R foot next to L
3 & 4 Rock L foot forward, Recover back on R foot, Making ¼ turn L Step L to L side
5 6 Cross R foot over L, Point L foot to L side
7 & 8 Step L next to R and clap your hands at the same time, feet are now together with weight on L.
Clap hands two more times.